

# Resources for Mental Health

November 2023



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS)

Access 24/7, Adult Intake Services (24/7)..... 780-424-2424

Mental Health Help Line (24/7)..... 1-877-303-2642

Canadian Mental Health Association (CMHA)

Distress Line (24/7) ..... 780-482-HELP (4357)

## Advocacy / Information / Referral

Alzheimer Society of Alberta and Northwest Territories

Edmonton ..... 780-488-2266

Government of Alberta - Ministry of Health

Office of the Alberta Health Advocates

Mental Health Patient Advocate ..... 780-422-1812

Radius Community Health and Healing..... 780-422-7333 x272

Schizophrenia Society of Alberta - Edmonton ..... 780-452-4661

Wellness Network Community Linking Programs

Community Linking Programs..... 780-860-2722

.....[www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)

## Assessment / Testing / Treatment

Alberta Health Services (AHS)

Access 24/7, Adult Intake Services (24/7)..... 780-424-2424

Child and Adolescent Intake Services ..... 825-402-6799

CASA Mental Health

(under 5yrs; for over 5yrs access through Child and Adolescent Mental

Health Intake, see above) ..... 780-400-2271

Psychologists' Association of Alberta

Psychologist Referral Service..... 780-424-0294

University of Alberta - Faculty of Education

Clinical Services (September-April) ..... 780-492-3746

## Counselling (low / no cost)

Catholic Social Services - Mercy Counselling ..... 780-391-3233

The Family Centre - Edmonton ..... 780-423-2831

Drop-In Single Session Counselling ..... [www.dropinyeg.ca](http://www.dropinyeg.ca)

Jewish Family Services Edmonton..... 780-454-1194

Momentum Counselling Society ..... 780-757-0900

For more counselling options available in your area ..... 211

## Housing / Supported Independent Living

Alberta Health Services - Continuing Care Access

(screening for programs in residential settings) ..... 780-496-1300

Canadian Mental Health Association - Edmonton Region (CMHA)

Housing Program..... 780-414-6300

e4c ..... 780-424-7543

The Salvation Army - Edmonton

Cornerstone Transitional Housing Program

(for women without children) ..... 780-474-7499

Supportive Residence ..... 780-428-4405

Transitional Housing Program (all genders)... 780-429-4274

## Employment / Living Skills / Training

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Recovery Community..... 780-426-7861

Recovery College Edmonton.. [www.recoverycollegeedmonton.ca](http://www.recoverycollegeedmonton.ca)

Edmonton's Food Bank - Beyond Food..... 780-425-2133 x228

EmployAbilities ..... 780-423-4106

Excel Society ..... 780-455-2601 x0

Goodwill Industries of Alberta - Career Connections ..780-944-2768

On Site Placement Services Association (OSP)..... 780-488-8122

## Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers

Therapeutic and Counselling Services..... 780-424-7709

Multicultural Health Brokers Co-op ..... 825-333-6242

## Inner City Mental Health Services

Bissell Centre - Mental Health Supports ..... 780-660-8640

Boyle Street Community Services ..... 780-424-4106

Radius Community Health and Healing ..... 780-422-7333

## Recreation and Social Programs

Canadian Mental Health Association - Edmonton Region (CMHA)

Prosper Place Recovery Community ..... 780-426-7861

Wellness Network Community Linking Programs

Young Adult Services Social, Recreation, and Wellness

Programs ..... 780-782-5042

## Suicide Education and Support

Canadian Mental Health Association (CMHA) ..... 780-414-6300

Applied Suicide Intervention Skills Training (ASIST)

Mental Health and Wellbeing Education

Suicide Bereavement Support Services

Suicide Caregiver Support Services

Youth Suicide Grief Support Groups

Distress Line (24/7)..... 780-482-HELP (4357)

Unlimited Potential Community Services Society

Professional and Educational Services..... 780-440-0708

## Support Groups

Anorexics and Bulimics Anonymous..... [www.aba12steps.org](http://www.aba12steps.org)

Caregivers Alberta ..... 780-453-5088

Co-Dependents Anonymous..... 780-436-6853

e4c - In-Person Peer-Facilitated Mental Wellness Drop In

..... 780-699-3253

Eating Disorder Support Network of Alberta ..... 780-729-3376

The Family Centre - Edmonton..... 780-900-6423

Anxiety Therapy Group and Depression Therapy Group

Momentum Counselling Society - Counselling and Support Groups

(bipolar disorder, anxiety, depression)..... 780-757-0900

Organization for Bipolar Affective Disorders ..... [www.obad.ca](http://www.obad.ca)

Schizophrenia Society of Alberta (Edmonton) ..... 780-452-4661

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://www.ab.211.ca).

Contact 211 for more information or if you cannot find the particular service you are looking for.

*Inclusion of an agency or service on this list does not constitute an endorsement by 211.*