

Resources for Mental Health

May 2024



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

Visit 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) - Edmonton Region

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

Centre for Addiction and Mental Health

988 Suicide Crisis Helpline 988

Advocacy / Information / Referral

Alzheimer Society of Alberta and Northwest Territories

Edmonton 1-866-950-LINK (5465)

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 x5

Schizophrenia Society of Alberta - Edmonton 780-452-4661

Wellness Network Community Linking Programs

Community Linking Programs 780-860-2722

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 Intake Services, 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

Jewish Family Services Edmonton 780-454-1194

Momentum Counselling Society 780-757-0900

For more counselling options available in your area 211

Suicide Education and Support

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

Applied Suicide Intervention Skills Training (ASIST)

Live Crisis Chat

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

Employment / Living Skills / Training

Canadian Mental Health Association (CMHA) - Edmonton Region

Prosper Place Recovery Community 780-426-7861

Recovery College Edmonton 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

Housing / Supported Independent Living

Alberta Health Services - Continuing Care Access

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

Canadian Mental Health Association (CMHA) - Edmonton Region

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 780-244-2962

Transitional Housing Program (all genders) ... 780-244-2962

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 (CMHA) - Edmonton Region

Prosper Place Recovery Community 780-426-7861

Wellness Network Community Linking Programs

Young Adult Services Social, Recreation, and Wellness

Programs 780-782-5042

Support Groups

Anorexics and Bulimics Anonymous 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 780-423-2831

Momentum Counselling Society - Counselling and Support Groups

(bipolar disorder, anxiety, depression, and more) 780-757-0900

Organization for Bipolar Affective Disorders 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.

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.