

Resources for Youth and Young Adults

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) - *Addiction and Mental Health*
Mobile Addiction Services, Adolescent..... 780-408-8783
Canadian Mental Health Association (CMHA)
Distress Line (24/7)..... 780-482-HELP (4357)
Live Crisis Chat..... www.edmonton.cmha.ca
Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone, Live Chat, Text, and App 1-800-668-6868
Text (24/7) Text Connect to 686-868
Online Chat..... www.kidshelpphone.ca
Sexual Assault Centre of Edmonton..... 780-423-4121

Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank..... 780-425-4190
Government of Alberta
Alberta Supports Centre (info line)..... 780-644-9992
Emergency Income Support (24/7)..... 780-644-5135
Money Mentors..... 1-888-294-0076
Youth Empowerment & Support Services (YESS)
Nexus (15 to 21yrs)..... 780-468-7070

Counselling (*no cost)

Catholic Social Services - *Mercy Counselling*..... 780-391-3233
Cornerstone Counselling (*Christian*)..... 780-482-6215
The Family Centre - Edmonton (*drop-in*)..... 780-423-2831
*Drop-In Single Session Counselling**..... www.dropinyeg.ca
Jewish Family Services Edmonton..... 780-454-1194
Kickstand - *Mental Health Counselling**..... www.mykickstand.ca
Next Chapter for Divorcing Families Society (*support for youth*
grieving a death, separation, or divorce)..... 780-448-1180
Psychologists' Association of Alberta (*referrals*)..... 780-424-0294

Health / Pregnancy / Sexuality

Alberta Health Services (AHS)
*Adolescent Pregnancy Clinic (20yrs and under)*780-735-6892
Birth Control Centre (pro-choice)..... 780-735-0010
Health Link (24/7) 811
Sexually Transmitted Infections Clinic.. 1-855-945-6700 x2
Eating Disorder Support Network of Alberta..... 780-729-3376
Pride Centre of Edmonton
Drop-In Community Centre..... 780-488-3234
Terra Centre for Teen Parents 780-428-3772
Woman's Health Options
(pro-choice; abortion services)..... 780-484-1124

Life Skills / Education / Employment

ALIS (Alberta Learning Information Service) .. www.alis.alberta.ca
Bredin Centre for Career Advancement..... 780-425-3730
Edmonton's Food Bank - *Beyond Food*..... 780-425-2133 x228
Edmonton Public Schools..... 780-429-8000
Alternate High School Completion 780-429-8030
Transition Support Program..... 780-434-9561
The Elizabeth Fry Society of Northern Alberta
Girls Empowered and Strong (12 to 17yrs).... 780-904-8052
Government of Alberta
Student Funding..... 1-855-606-2096
Alberta Supports Centre..... 1-877-644-9992
Society for Selections
Get Ready in Trades Program 780-461-5270 x3
Youth Empowerment & Support Services (YESS)
Daytime Support (15 to 24yrs; formerly BEST) .780-468-7070
YOUCAN Youth Services (*employment*) 780-444-3348
For local employment offices 211

Recreation

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
City of Edmonton Community Services www.edmonton.ca
Leisure Access Program..... 311
Edmonton Sport Council..... www.edmontonsport.com
Online Resources and Sport Referrals
KidSport Alberta (*funding; 18yrs and under*) 1-888-914-5437

Substance Use / Addictions

Al-Anon Family Groups (*including Alateen*)..... 780-443-6000
Alberta Health Services (AHS)
Addiction and Mental Health Intake Services, Child and
Adolescent..... 825-402-6799
Kickstand - *Substance Use Counselling*..... www.mykickstand.ca

Support

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
Canadian Mental Health Association (CMHA)
Youth Suicide Grief Support Groups..... 780-732-6654
Family Futures Resource Network..... 780-413-4521
Kickstand - *Peer Support Session*..... www.mykickstand.ca
Kids On Track Association of Edmonton 587-404-8877
Old Strathcona Youth Society (*14 to 24yrs*) 780-496-5947
Uncles and Aunts at Large Society (*6 to 18yrs*) 780-452-5791
Youth Empowerment & Support Services (YESS)...780-468-7070
YMCA - *Youth Transition Program (13 to 19yrs)*..... 780-426-9265

Youth and Young Adults at Risk

(See Resources for Youth and Young Adults at Risk.)

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.