

Resources for Mental Health

November 2024



Please contact the agency to confirm availability of the service.
Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at www.ab.211.ca.

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..... 780-422-1812
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 - Path to Employment.. 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

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
Inclusion of an agency or service on this list does not constitute an endorsement by 211.