

Resources for Youth and Young Adults

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) - *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.)

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.