

Community Mental Health Resources for Youth and Families

Mental health related resources are located in many communities. Find out the resource agencies in your community and complete this list for easy reference in case a student or family needs assistance.

Local Community Mental Health Clinic: _____

Local Distress Lines: _____

Local Hospital: _____

Local Community Health Centre: _____

Health Link Alberta Call Centre: _____

Canadian Mental Health Association:

For information about the CMHA Branch in your area, please see the CMHA National website at www.cmha.ca

Your School District Support Services: _____

Kid's Help Phone: 1-800-668-6868

Other: _____

Resources for Mental Health

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Visit www.211edmonton.com to obtain a new copy if more than 6 months old.

Assessment / Testing / Treatment

- Alberta Health Services (AHS)
Community Mental Health Clinic..... 780-342-7700
Child and Adolescent Mental Health Intake (4.5-18yrs)
..... 780-342-2701
University of Alberta Hospital
Psychiatric Treatment Clinic..... 780-407-6501
CASA Child, Adolescent & Family Mental Health.... 780-400-2271
(under 5yrs; for 5-18yrs access through Child and
Adolescent Mental Health Intake, see above)
Psychologists' Association of Alberta
Psychologist Referral Service..... 780-428-TALK (8255)
University of Alberta - Faculty of Education
Clinical Services (September-April) 780-492-3746

Advocacy / Information / Referral

- Alzheimer Society of Alberta - Edmonton..... 780-488-2266
Canadian Mental Health Association (CMHA)..... 780-414-6300
The Office of the Alberta Health Advocates
Mental Health Patient Advocate 780-422-1812
Schizophrenia Society of Alberta - Edmonton 780-452-4661
Wellness Network, The Support Network..... 780-488-0851
Wellness Quiz..... www.wellnessnetworkedmonton.com

Employment / Living Skills / Training

- Alberta Health Services (AHS)
Community Mental Health Clinic..... 780-342-7700
DECSA - Assets for Success 780-474-2500
EmployAbilities 780-423-4106
Excel Society..... 780-455-2601 x221
Goodwill Industries of Alberta..... 780-944-2729
On Site Placement (OSP) 780-488-8122
Prosper Place Clubhouse..... 780-426-7861
Volunteer Edmonton - Volunteer Connections 780-732-6649

Recreation and Social Programs

- Canadian Mental Health Association (CMHA)..... 780-414-6300
Community Linking Program Committee
Challenge by Choice 780-342-7936
Prosper Place Clubhouse..... 780-426-7861

Inner City Mental Health Services

- Bissell Centre 780-423-2285 x166
Boyle McCauley Health Centre 780-422-7333
Boyle Street Community Services 780-424-4106
E4C 780-424-7543

Immigrant Mental Health Services

- Edmonton Mennonite Centre for Newcomers 780-423-9518
Multicultural Health Brokers Co-op Ltd..... 780-423-1973

Crisis (call 911 if in immediate danger)

- Alberta Health Services (AHS) - Mental Health
Community Urgent Services and Stabilization Team
(FKA: Adult Crisis Response Team; 24/7) .. 780-342-7777
Children's Mental Health - Crisis Line 780-427-4491
Mental Health Help Line (24/7) 1-877-303-2642
Crisis Support Centre, The Support Network
Distress Line (24/7) 780-482-HELP (4357)
Government of Alberta
Mental Health Apprehension Warrant 780-422-1812

Suicide Education and Support

- CMHA - Community Education 780-414-6300
Applied Suicide Intervention Skills Training (ASIST)
Crisis Support Centre, The Support Network
..... www.crisissupportcentre.com
Distress Line (24/7) 780-482-HELP (4357)
Suicide Grief Support Program (SGSP) 780-482-0198
Suicide Caregiver / Bereavement Support Services

Mood Disorders - Educational Groups

- Catholic Social Services
Family Living Program - Creating a Positive Perspective /
Overcoming Depression and Adversity 780-420-6081
(10 weeks; 18*yrs; \$300; limited subsidies)

Housing / Supported Independent Living

- Alberta Health Services (AHS)
Community Care Access..... 780-496-1300
(eligibility assessments for programs in residential settings)
Canadian Mental Health Association (CMHA)
Housing Program 780-414-6300
E4C..... 780-424-7543

Support Groups

- Alberta Caregivers Association..... 780-453-5088
Alberta Health Services (AHS)
Family Matters Support Group 780-710-7370
Anorexics and Bulimics Anonymous..... 780-443-6077
Canadian Mental Health Association (CMHA)
Drop-In Family Peer Support Group 780-414-6300
Co-Dependents Recovery Society 780-436-6853
ElderCare Edmonton - Caregiver Support . 780-444-CARE (2273)
Emotions Anonymous (depressed, anxious, etc.).... 780-436-2951
Organization for Bipolar Affective Disorders 780-451-1755
Schizophrenia Society of Alberta - Edmonton 780-452-4661
Walk-in Counselling Society of Edmonton 780-757-0900
Healthy Living with Bipolar Diagnosis
Steps to Wellness for Anxiety and Depression
For counselling options available in your area 211

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

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