



# Resources for Mental Health

(Alberta requires 10-digit dialing – use area code 780 unless otherwise noted)

## Advocacy/Information/Referral

Alzheimer Society of Alberta - Edmonton 488-2266  
 Canadian Mental Health Association (CMHA) 414-6300  
 Mental Health Patient Advocate 422-1812  
 Schizophrenia Society of Alberta - Edmonton 452-4661

## Assessment/Testing/Treatment

Alberta Health Services  
*Mental Health Clinics* 342-7700  
*Regional Children’s Mental Health Intake* 413-4700  
*University of Alberta Hospital*  
*Psychiatric Treatment Clinic* 407-6501  
 CASA (*direct referral up to 4.5 yrs; referrals for 4.5-17 yrs go through Regional Children’s Mental Health Intake, see above*) 438-0011  
 Psychologists’ Association of Alberta  
*Referral Line Service* 428-8255 (TALK)  
 University of Alberta – Faculty of Education  
*Counselling Centre (Sept – May; \$50/yr)* 492-3746

## Crisis

AHS – Mental Health Services  
*Adult Crisis Response Team (24 hrs)* 342-7777  
*Children’s Mental Health*  
*Community Response Team (CRT)* 413-4733  
*Children’s Mental Health Crisis Line* 427-4491  
*Mental Health Help Line (24 hrs)* 1-877-303-2642  
 Alberta Justice & Attorney General  
*Mental Health Apprehension Warrant* 427-8343  
 The Support Network – *Distress Line (24 hrs)* 482-4357

## Depression – Educational Groups

AHS - *Bipolar Education Group* 429-7809  
*(10-week discussion/support group for individuals diagnosed with bipolar disorder & their families)*  
 Catholic Social Services – *Overcoming Depression (18+; 10 wks; \$300; limited subsidies)* 420-6081

## Employment/Living Skills/Training

Alberta Health Services  
*Independent Living Support (ILS)* 342-7700  
 DECSA 474-2500  
 EmployAbilities 423-4106  
 Excel Society (*main switchboard*) 455-2601 x221  
 House Next Door Society 444-2070  
 On Site Placement Services Association 488-8122  
 Prosper Place Clubhouse 426-7861

## Housing/Supported Independent Living

AHS – *Community Care Access* 496-1300  
*(eligibility assessments for programs in various residential settings)*  
 Canadian Mental Health Association (CMHA)  
*Housing Program* 414-6309

## Immigrant Mental Health Services

Edmonton Mennonite Centre for Newcomers 424-7709  
 Multicultural Health Brokers Co-op 423-1973

## Inner City Mental Health Services

Bissell Centre 423-2285  
 Boyle McCauley Health Centre 422-7333 x238  
 Boyle Street Community Services 424-4106  
 E4C (*mentally-ill, hard-to-house, inner city*) 425-7927  
 Edmonton People In Need Shelter Society 424-6733  
 Urban Manor (*hard to house men; 18+; addictions and/or mental illness*) 425-5901

## Recreation and Social Programs

Canadian Mental Health Association (CMHA) 414-6300  
*Young Adults Meeting Somewhere (YAMS)* 414-6300  
 Covenant Health – *Satellite Social Club* 735-7576  
 Prosper Place Clubhouse 426-7861

## Suicide Education & Support

Canadian Mental Health Association (CMHA)  
*Community Education* 414-6311  
*(ASIST & Mental Health First Aid)*  
 The Support Network  
*Caregiver Support Program* 482-0198  
*Distress Line (24 hr crisis line)* 482-4357 (HELP)  
*Suicide Awareness & Bereavement* 482-0198

## Support Groups

Alberta Caregivers Association 453-5088  
 CoDependents Anonymous (CoDA) 436-6853  
 Cornerstone Counselling Centre  
*OASIS Support Group (for family/friends)* 482-6215  
 Emotions Anonymous (*depressed, anxious, etc*) 436-2951  
 Mars Hill Centre – *Overcoming Anxiety (Christian-based mental health support groups)* 435-0202  
 Me Without Measure-Eating Disorder Org. 944-2864  
 Mood Disorders Society (*16-30 yrs, includes family*)  
[edmontonbipolar@hotmail.com](mailto:edmontonbipolar@hotmail.com)  
 Schizophrenia Society of Alberta - Edmonton 452-4661

For more information, or if you cannot find the particular service you are looking for:  
**Within Edmonton dial: 2-1-1 If 211 is not yet available in your area call: 780-482-INFO (4636)**

[www.211edmonton.com](http://www.211edmonton.com)

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

Last Updated: November 2009 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to [www.211edmonton.com](http://www.211edmonton.com) and click on “Resource Lists”.

The Support Network • Edmonton, Alberta • Phone: 780-482-0198 • Fax: 780-488-1495