



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	
<i>Mental Health Clinics</i>	342-7700
<i>Regional Children's Mental Health Intake</i>	413-4700
<i>University of Alberta Hospital</i>	
<i>Psychiatric Treatment Clinic</i>	407-6501
CASA (<i>direct referral up to 3 yrs; referrals for 3-17 yrs go through Regional Children's Mental Health Intake, see above</i>)	438-0011
Psychologists' Association of Alberta	
<i>Referral Line Service</i>	428-TALK (8255)
University of Alberta – Faculty of Education	
<i>Counselling Centre (Sept – May; \$50/yr)</i>	492-3746

Crisis

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

Depression – Educational Groups

AHS - <i>Bipolar Education Group</i>	342-7633
<i>(10-week discussion/support group for individuals diagnosed with bipolar disorder & their families)</i>	
Catholic Social Services – <i>Overcoming Depression</i>	
<i>(18+; 10 wks; \$300; limited subsidies)</i>	
	420-6081

Employment/Living Skills/Training

Alberta Health Services	
<i>Independent Living Support (ILS)</i>	342-7700
DECSA	474-2500
EmployAbilities	423-4106
Excel Society (<i>main switchboard</i>)	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 – <i>Community Care Access</i>	496-1300
<i>(eligibility assessments for programs in various residential settings)</i>	
Canadian Mental Health Association (CMHA)	
<i>Housing Program</i>	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 (<i>mentally-ill, hard-to-house, inner city</i>)	425-7927
Edmonton People In Need Shelter Society	424-6733
Urban Manor (<i>hard to house men; 18+; addictions and/or mental illness</i>)	425-5901

Recreation and Social Programs

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

Suicide Education & Support

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

Support Groups

Alberta Caregivers Association	453-5088
CoDependents Anonymous (CoDA)	436-6853
Cornerstone Counselling Centre	
<i>OASIS Support Group (for family/friends)</i>	
	482-6215
Emotions Anonymous (<i>depressed, anxious, etc</i>)	436-2951
Mars Hill Centre – <i>Overcoming Anxiety</i>	435-0202
<i>(Christian-based mental health support groups)</i>	
Anorexics and Bulimics Anonymous	443-6077
Mood Disorders Society (<i>16-30 yrs, includes family</i>)	
	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

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

Last Updated: May 2010 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to www.211edmonton.com and click on “Resource Lists”.

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