

Lorsque vous appelez le 211, vous pouvez demander un interprète francophone. Soyez patient, il est possible que votre appel soit brièvement mis en attente pendant qu'il vous connecte à l'interprète.

## Resources for Mental Health

May 2015



Visit [www.211edmonton.com](http://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
<i>(under 5yrs; for 5-18yrs access through Child and Adolescent Mental Health Intake, see above)</i>	
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.....	<a href="http://www.wellnessnetworkedmonton.com">www.wellnessnetworkedmonton.com</a>

### 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	
<i>(FKA: Adult Crisis Response Team; 24/7) ..</i> 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	
..... <a href="http://www.crisissupportcentre.com">www.crisissupportcentre.com</a>	
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	
<i>(10 weeks; 18+yrs; \$300; limited subsidies)</i>	

### Housing / Supported Independent Living

Alberta Health Services (AHS)	
Community Care Access.....	780-496-1300
<i>(eligibility assessments for programs in residential settings)</i>	
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 ( <i>depressed, anxious, etc.</i> ).....	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
<i>Healthy Living with Bipolar Diagnosis</i>	
<i>Steps to Wellness for Anxiety and Depression</i>	
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.

211 edmonton.com

211 Edmonton is program of The Support Network