

Mental Health Resources

Reference: Canadian Mental Health Association (CMHA) 211 Resource List (May 2021); www.informalberta.ca

Label	Agency Name	Descriptor
Advocacy/Information/Referral		
2	Canadian Mental Health Association (CMHA) Suite 300, 10010 105 Street T5J 1C4	Assists individuals living with a mental illness, their family members, friends, and significant others with finding support, information, and resources from social, government, and health services.
4	Government of Alberta Ministry of Health: Office of the Alberta Health Advocates - Mental Health Patient Advocate 10055 106 Street NW T5J 2Y2	Mental Health Patient Advocate: Promotes and protects the rights of persons in accordance with the Mental Health Act and Patient Advocate Regulation.
11	Alzheimer Society of Alberta and Northwest Territories Suite 306, 10430 61 Avenue T6H 2J3	Provides information on and promotes public awareness of Alzheimer's disease and other dementias.
16	Boyle McCauley Health Centre 10628 96 Street T5H 2J2	Mental Health Services: Provides counselling and mental health services.
26	Alberta Health Services - Indigenous Health Program Cross Cancer Institute 11560 University Avenue T6G 1Z2	This program partners with Indigenous peoples, communities and key stakeholders to provide accessible, culturally appropriate health services for First Nations, Métis and Inuit people. This role also offers a specialized mental health and addictions focus including group and individual support.
33	Schizophrenia Society of Alberta - Schizophrenia Information and Family Support 5215 87 Street T6E 5L5	Support and education for family members, loved ones and caregivers of individuals living with schizophrenia and other related mental illness.
38	Alberta Health Services - Indigenous Health Program University of Alberta Hospital 1H1.26, 8440 112 Street NW T6G 2B7	This program partners with Indigenous peoples, communities and key stakeholders to provide accessible, culturally appropriate health services for First Nations, Métis and Inuit people. This role also offers a specialized mental health and addictions focus including group and individual support.
41	E4C: Wellness Network Alex Taylor School 9321 Jasper Avenue T5H 3T7	Provides an accessible, non - stigmatizing, and recovery - focused resource for individuals to explore their personal wellness with a focus on strengths, choice, and empowerment.
Assessment/Testing/Treatment		
1	Alberta Health Services - Addiction and Mental Health - Outpatient Counseling Services, Adult Addiction Services Edmonton 10010 102A Avenue NW T5J 0G5	Offers primarily clinic based assessment and treatment for adults who are experiencing mental health concerns and / or addictive behaviours impacting their personal health and wellbeing.
9	Alberta Health Services - ACCESS Open Minds Bill Rees YMCA 10211 105 Street T5J 1E3	ACCESS Open Minds (OM) is a walk-in clinic embedded within a youth and young adult friendly environment. Individuals and their supports are welcomed and seen by a clinic therapist on a first come, first serve basis.
17	CASA Child, Adolescent & Family Mental Health 10645 63 Avenue T6H 1P7	Under 5 years; for 4.5-18 years access access through Child and Adolescent Mental Health Intake.

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21	Alberta Health Services - Access 24 / 7, Adult Intake Services Anderson Hall 10959 102 Street T5H 2V1 Telephone: 780-424-2424	Provides a single point of access to adult addiction and mental health community based programs.
22	Covenant Health - Psychiatric Outpatient Program Grey Nuns Community Hospital 1100 Youville Drive T6L 5X8	Provides a range of psychology services for people with emotional, behavioural, cognitive, and interpersonal problems.
22	Covenant Health - Psychology Services Grey Nuns Community Hospital 1100 Youville Drive NW T6L 5X8	Physician referral-based consultation service providing inpatient and outpatient psychological assessment.
24	University of Alberta - Faculty of Education - Clinical Services Education Centre North, Room 1-135 11210 87 Avenue T6G 2B5	Clinical Services: Provides counselling & assessment services (September - April). 5 years and older for counselling, 6 years and older for assessment.
30	Covenant Health - Psychology Services Mother Rosalie Health Services Centre Room 201, 16930 87 Avenue T5R 4H5	Physician referral-based consultation service providing inpatient and outpatient psychological assessment.
31	Covenant Health - Community Geriatric Psychiatry Program Ermineskin Centre 3058 106 Street T6J 5M5	The program works in partnership with seniors to individualize care in their own home or community to promote recovery and well being.
38	Alberta Health Services - The Gender Program University of Alberta Hospital Suite WMC 1E1, 8440 112 Street NW T6G 2B7	The Gender Program helps persons across the age spectrum who feel that their assigned sex at birth is misaligned with their lived gender. A referral is needed for this service. There are eligibility requirements.
42	Alberta Health Services - Addiction and Mental Health - Intake Services, Child and Adolescent Northgate Centre, 9499 137 Avenue T5E 5R8	Provides a single intake service for child & adolescent community mental health clinics across the Edmonton Zone.
48	Covenant Health - Community Geriatric Psychiatry Program Westmount Shopping Centre Groat Road & 111 Avenue NW T5M 3L5	The program works in partnership with seniors to individualize care in their own home or community to promote recovery and well being.
N/A	Alberta Health Services - Addiction and Mental Health - Mobile Addiction Services, Adolescent Telephone: 780-422-7383	Provide intake, assessment, referral, counseling and prevention services for youth with addiction problems at designated community sites. Includes mobile service to youth and families, as well as consultation and training of stakeholders.
N/A	Psychologists' Association of Alberta - Psychologist Referral Service 780-424-0294	Provides referrals to people looking for a private psychologist in Alberta.
Counselling		
15	Pride Centre of Edmonton 10608 105 Avenue NW T5H 0L2	Provides resources, support, programming, education, facility use, and a drop - in centre to the Lesbian, Gay, Bisexual, Trans, Queer / Questioning, and more (LGBTQ+) community and the broader community.

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23	Alberta Health Services - Addiction and Mental Health – Child and Adolescent Mental Health Walk-In Service Rutherford Children's Health Clinic, Suite 202 11153 Ellerslie Road SW T6W 0E9	Walk-In Service is available to children / youth aged 5-17, Monday to Friday 12:30 p.m. – 4:00 p.m. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions. Parent / Caregiver attendance is preferred to support the child/youth.
32	Catholic Social Services - Mercy Counselling Suite 108, 4208 97 Street T6E 5Z9	Provides psychological counselling to individuals, couples, families, and groups.
34	Momentum Walk-In Counselling Suite 706, 5241 Calgary Trail T6H 5G8	Provides affordable counselling services to individuals who require immediate preventative and crisis counselling.
39	Jewish Family Services Edmonton Suite 100, 8702 Meadowlark Road T5R 5W5	Offers clinical (therapeutic) counselling.
42	Alberta Health Services - Addiction and Mental Health – Child and Adolescent Mental Health Walk-In Service Northgate Centre, 9499 137 Avenue T5E 5R8	Walk-In Service is available to children / youth aged 5-17, Monday to Friday 12:30 p.m. – 4:00 p.m. This service offers a 50-minute, solution-focused, single therapy session on a first-come, first-serve basis with a focus on exploring specific issues and possible solutions. Parent / Caregiver attendance is preferred to support the child/youth.
47	The Family Centre of Northern Alberta 20, 9912 106 Street NW T5K 1C5	Drop-In Single Session Counselling: Offers single - session, drop - in counselling.
N/A	Counselling Information 211	For more counselling options available in the area.
N/A	The Family Centre - Drop-In Single Session Counselling 780-423-2831 (Telephone Counselling)	Offers single-session, drop-in counselling at various locations.
Crisis		
21	Alberta Health Services - Access 24 / 7, Adult Intake Services 10959 102 Street T5H 2V1 Telephone: 780-424-2424	Provides a single point of access to adult addiction and mental health community based programs.
38	Alberta Health Services - Addiction and Mental Health – Crisis Team, Child and Adolescent Stollery Children's Hospital 8440 112 Street T6G 2B7 Telephone: 780-407-1000	The Crisis Team offers immediate crisis support through the Crisis Line to children / youth, aged 5-17, and their care providers.
N/A	Alberta Health Services - Mental Health Help Line (24/7) 1-877-303-2642	Provides toll-free, 24/7 telephone service, which offers help for mental health concerns for Albertans.
N/A	Government of Alberta - Mental Health Act 780-422-1812	Allows for involuntary detention and treatment under certain circumstances and addresses the roles and responsibilities of review panels and of the Mental Health Patient Advocate.
N/A	Canadian Mental Health Association (CMHA) Distress Line 780-482-HELP (4357)	Provides supportive listening, crisis intervention, and referrals to people coping with stressful situations (including abuse, violence, and suicide).

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Employment/Living Skills/Training		
3	On Site Placement (OSP) Suite 200, 10025 106 Street T5J 1G4	To assist adults and youth with ongoing medical conditions and disabilities to obtain and maintain employment or further education.
5	Goodwill Industries of Alberta - Career Connections 10110 82 Avenue NW T6E 1Z4	Supports people with disabilities in locating employment or volunteer opportunities in their communities.
12	Prosper Place: Day Program 10455 172 Street NW T5S 1K9	Offers a day program for people living with mental illness.
14	Excel Society - Clubhouse 55 Suite 101, 10604 178 Street T5S 2E3	Provides a day program for seniors with disabilities.
18	Excel Society - Grand Manor on 97th 10766 97 Street T5H 4R2	Offers an apartment hotel with 24 hour support services.
18	Excel Society - The Excel Academy Grand Manor 10766 97 Street T5H 4R2	Provides a licensed Private Vocational School.
19	EmployAbilities: Career and Employment Centre 10909 Jasper Avenue T5J 3L9	Provides an information centre for people with medical conditions, and / or disabilities with barriers to employment.
25	Edmonton's Food Bank: Beyond Food 11434 120 Street T5G 2Y2	Offers assistance with employment readiness, budgeting, academic upgrading, and more.
27	Excel Society - Community Support Services - Community Inclusion 11831 123 Street T5L 0G7	Offers a variety of community based programs for individuals with developmental disabilities or mental health issues that assist clients in accessing the community.
27	Excel Society - Community Support Services - Creative Supports 11831 123 Street T5L 0G7	Provides support to individuals requiring assistance to live in the community.
35	Excel Society - Balwin Villa 6920 128 Avenue T5C 1S7	Offers a secure enhanced assisted living site.
45	Excel Society - Community Support Services - Residential Services Suite 500, 9707 110 Street T5K 2L9	Provides residential support to individuals requiring assistance to live in the community.
45	Excel Society - Community Support Services - Supported Independent Living Suite 500, 9707 110 Street T5K 2L9	Provides accommodation and support to individuals requiring assistance to live in the community.
N/A	Edmonton Chamber of Voluntary Organizations - Volunteerism 780-801-4727	Helps organizations to build and sustain their volunteer programs and services through resources, networking, and skill development opportunities.
Housing/Supported Independent Living		
2	Canadian Mental Health Association (CMHA) - Housing Program Suite 300, 10010 105 Street T5J 1C4	Housing Program: Provides affordable housing for people with mental illness and / or low income.
20	E4C - Meadow's Place 10956 92 Street T5H 1W3	Offers long - term housing to men with mental illnesses.

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28	The Salvation Army - Cornerstone Transitional Housing Program 11838 82 Street T5B 2W2	Offers one-year, independent, sober transitional housing program for female-identifying individuals experiencing mental health challenges.
40	The Salvation Army - Supportive Residence 9304 103A Avenue T5H 4R4	Offers a long - term residence for men and women with multiple barriers.
43	E4C - Our Place 9537 106 Avenue T5H 0N3	Offers housing for women with mental illness.
43	E4C - Wellness Network Alex Taylor School 9321 Jasper Avenue T5H 3T7	Provides an accessible, non - stigmatizing, and recovery - focused resource for individuals to explore their personal wellness with a focus on strengths, choice, and empowerment.
N/A	Alberta Health Services - Community Care Access 780-496-1300	Offers 24/7 telephone screening and referral for people who need to access Continuing Care services including Home Care, Supportive Living, and Facility living programs.
Immigrant Mental Health Services		
8	Edmonton Mennonite Centre for Newcomers: Health and Well-Being Services 10170 112 Street NW T5K 2L6	Provides health and well-being services for newcomers with a holistic and community oriented approach.
22	Covenant Health - Multicultural Health Grey Nuns Community Hospital 1100 Youville Drive NW T6L 5X8	Provides support to families from various cultural backgrounds and ethnic heritages.
36	Edmonton Mennonite Centre for Newcomers - Health and Well-Being Services Welcome Centre for Immigrants, Millbourne Mall Tower II, Suite 200 7629 38 Avenue NW T6K 3Y7	Provides health and well-being services for newcomers with a holistic and community oriented approach.
37	Catholic Social Services: Immigration and Settlement - Cross Cultural Counselling and Outreach Program 8212 118 Avenue T5B 0S3	Provides free specialized counselling, support, and outreach services to immigrants and refugees.
44	Changing Together - A Centre for Immigrant Women 9538 107 Avenue T5H 0T7	Non-therapeutic Counselling: Provides assistance to immigrant women in sorting out various personal and family issues.
44	Multicultural Health Brokers Co-op 9538 107 Avenue T5H 0T7	To support immigrant and refugee individuals and families in attaining optimum health through relevant health education, community development, and advocacy.
N/A	Alberta Health Services - Health Link 811	A telephone service, which provides free 24/7 nurse advice and general health information for Albertans.
N/A	Government of Alberta - Interim Federal Health Program 1-888-242-2100	Temporary health insurance for refugees, protected persons, and refugee claimants.
Inner City Mental Health Services		
6	Boyle Street Community Services - Mental Health Support 10116 105 Avenue T5H 0K2	Provides support, information, and referrals to people with chronic mental illness.

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13	Bissell Centre - Mental Health Supports 10530 96 Street T5H 2H6	Provides supports for individuals who have mental health concerns.
16	Boyle McCauley Health Centre 10628 96 Street T5H 2J2	Mental Health Services: Provides counselling and mental health services.
46	Hope Mission - Health Centre - Psychiatrist 9908 106 Avenue T5H 0N6	Provides a health centre with access to psychiatric care.
Recreation and Social Programs		
2	Canadian Mental Health Association (CMHA) Suite 300, 10010 105 Street T5J 1C4	Peer Connections: Offers wellness - oriented, peer - led social recreation.
12	Prosper Place: Day Program 10455 172 Street NW T5S 1K9	Offers a day program for people living with mental illness.
N/A	Addictions & Mental Health Community Linking Program - Young Adult Services Social, Recreation, and Wellness Programs 780-782-5042	To provide social, recreation, and leisure opportunities for adults with addictions and / or mental health concerns (such as schizophrenia or major mood disorders), who would benefit from supportive leisure environments.
Suicide Education and Support		
2	Canadian Mental Health Association (CMHA) - Applied Suicide Intervention Skills Training Suite 300, 10010 105 Street T5J 1C4	Service provides: a 2 day intensive and practice-based course developed by the Centre for Suicide Prevention that is designed to help caregivers recognize, review risk, and intervene to prevent suicide and a half day (4 hour) tune-up workshop for individuals who need to recertify.
2	Canadian Mental Health Association (CMHA) - Mental Health and Wellbeing Education Suite 300, 10010 105 Street T5J 1C4	Promotes awareness and understanding of mental health, mental illness, recovery, stigma, and suicide in our community.
2	Canadian Mental Health Association (CMHA) - Suicide Bereavement Support Services Board Room, 10010 105 Street T5J 1C4	Provides group support for anyone who is grieving a loss to suicide.
2	Canadian Mental Health Association (CMHA) - Suicide Caregiver Support Services Suite 300, 10010 105 Street T5J 1C4	Provides support for those who are concerned about someone who is suicidal.
7	Cornerstone Counselling Suite 302, 10140 117 Street NW T5K 1X3	To provide accessible psychological services to people from all walks of life, and to help people become emotionally healthy and whole.
10	Unlimited Potential Community Services Society - Professional and Educational Services 10403 172 Street T5S 1K9	Offers professional training opportunities for agencies, foster parents, individuals and schools interested or currently working with vulnerable individuals experiencing emotional, behavioural, or mental health challenges.
N/A	Canadian Mental Health Association (CMHA) Distress Line 780-482-HELP (4357)	Provides supportive listening, crisis intervention, and referrals to people coping with stressful situations (including abuse, violence, and suicide).

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Support Groups		
22	Organization for Bipolar Affective Disorders Society: Mood Disorders Support Groups Grey Nuns Community Hospital Basement Room 0651 1100 Youville Drive NW T6L 5X8	Support groups for individuals and their families affected by bipolar affective disorder, depression, anxiety and schizoaffective disorder.
29	Caregivers Alberta Jerry Forbes Centre Suite 17, 12122 68 Street NW T5B 1R1	To empower caregivers and promote their well-being through caregiver programs. To help caregivers through information, education, support, networking, advocacy, and community development.
33	Schizophrenia Society of Alberta - Schizophrenia Information and Family Support 5215 87 Street T6E 5L5	Schizophrenia Information and Family Support: Support and education for family members, loved ones and caregivers of individuals living with schizophrenia and other related mental illness.
34	Momentum Walk-In Counselling Suite 706, 5241 Calgary Trail T6H 5G8	Offers a variety of drop-in support groups. (i.e. bipolar disorder, anxiety, depression).
N/A	Organization for Bipolar Affective Disorders 1-866-263-7408	Mood Disorders Support Groups: Support groups for individuals and their families affected by bipolar affective disorder, depression, anxiety and schizoaffective disorder.
N/A	Co-Dependents Anonymous - Support Meetings for Co-Dependency 780-436-6853	Offers a 12-step meeting for codependent people.
N/A	Eating Disorder Support Network of Alberta 780-729-3376	To provide professionally - facilitated support for individuals and families affected by eating disorders. To raise awareness and knowledge about eating disorders in the community and healthcare field. To build hope, compassion, capacity, and connection to improve the lives of those affected by eating disorders.
N/A	Anorexics & Bulimics Anonymous http://aba12steps.org	To provide a 12-step fellowship of individuals whose primary purpose is to find and maintain recovery from eating disorders, and to help others find recovery.