

LIST OF RESOURCES

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Urgent Services

Emergency Response

Phone: 911

For emergencies only, for persons requiring immediate assistance from ambulance, the fire department, or police.

Canada Suicide Prevention Service

1-833-456-4566 or Text: 45645 (available between 4pm-12am ET)

If you are in distress and need support to keep yourself safe, contact the Canadian Suicide Prevention Service.

Community Urgent Services and Stabilization Team (Adult) (24/7)

Phone: 780-342-7777

Webpage: www.albertahealthservices.ca

Available to individuals, family members, concerned others and community agencies dealing with emotional or psychiatric crisis. Will provide telephone and/or mobile assessment, intervention and stabilization. Provides

consultation/coordination with community agencies and hospitals. Connects clients to mental health resources.

Hope for Wellness: First Nations & Inuit Populations

Phone: 1-855-242-3310

Webpage: <https://www.hopeforwellness.ca> (Online Chat)

Available nationally and in a variety of languages

Telephone/24 hour Services:

Health Link/Mental Health Line (24/7)

Health Link: 811

Phone: 780-408-5465 (408-LINK), 1-866-408-5465, 1-877-303-2642 (Mental Health Line, same line as Health Link)

Government telephone service with Registered Nurses on the other end. Interpreters are available for anyone who requests to communicate in any other language than English. It serves two purposes: to have a Nurse that you can call if you are experiencing symptoms and would like to be assessed to receive advice (whether it's go to the hospital immediately or take some Advil and book an appointment with your family doctor as soon as possible), and to provide any information related to health for the Edmonton area.

24/7 Crisis Diversion Team

Phone: 211

Connects individuals to a full range of essential services like basic needs, parenting support, health care, and others.

Access 24 / 7

Phone: 780-424-2424

Location: Anderson Hall

Provides a single point of access to adult addiction and mental health community based programs.

Access 24/7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization.

The Support Network- Crisis Support Centre (24/7)

Phone: 780-482-4357

Crisis Intervention and suicide support.

Trans Lifeline

Phone: 1-877-565-8860

Webpage: www.translifeline.org

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While the goal is to prevent self-harm, Trans Lifeline welcomes the call of any transgender person in need. We will do our very best to connect them with services that can help them meet that need. If you are not sure whether you should call or not, then please call.

Kid's Help Phone (24/7)

Phone: 1-800-668-6868

Webpage: www.kidshelpphone.ca

Provides, live chat by phone counselling, web counselling for ages 20 and under. It is free, confidential and anonymous.

The Support Network-Crisis Support Centre

Phone: 780-482-4357

Webpage: www.crisissupportcentre.com

Children's Mental Health Crisis Line

Phone: 780-427-4491

Connecteen

Phone: 403-264-8336 (24/7)

Text: 587-333-2724 (Evenings/Weekends) Online Chat: calgaryconnecteen.com

Confidential peer support for youth.

Salvation Army Community & Family Centers

Hope Line: 780-424-9223

Campus Free Services:**University of Alberta Sexual Assault Centre**

Phone: 780-492-9771

Location: 2-705 SUB, University of Alberta

Webpage: www.sac.ualberta.ca

The University of Alberta Sexual Assault Centre provides a safe place on campus where unconditional support, confidentiality, respect and advocacy are available for those affected by sexual assault. The Sexual Assault Centre strives for a campus community free of sexual violence. The Sexual Assault Centre offers services for survivors of sexual assault or stalking and their supporters regardless of gender.

University of Alberta Counselling and Clinical Services

Phone: 780-492-5205

Location: 2-600 SUB, University of Alberta

Webpage: www.mentalhealth.ualberta.ca

Provides high quality, accessible and compassionate psychological and psychiatric services to students to improve their personal, social, and academic well-being. Provides not only individual counselling, but couple, family, group therapy, and walk-in workshops.

University of Alberta Protective Services (24/7)

Phone: 780-492-5050

Webpage: www.ualberta.ca/protective-services

A community wide peace officer agency that responds to campus wide complaints and emergencies.

Peer Support Centre

Phone: 780-492-HELP (4357) (Primary) 780-492-4268 (Administration line)

Location: 2-707 SUB, University of Alberta

Webpage: www.su.ualberta.ca/services/psc/

The Student Support Centre is operated by student volunteers who are all trained to provide telephone, appointment or drop-in crisis intervention, suicide prevention, and supportive listening.

Institute for Sexual Minority Studies and Services (ISMSS)

Phone: 780-492-0772

Location: 7-104 Education North, University of Alberta

Webpage: www.ismss.ualberta.ca

The Institute for Sexual Minority Studies and Services at the University of Alberta leads research that changes attitudes, and delivers services that change lives. Services include: educational outreach from workshops to Safe Spaces on campus, The Family Resilience project that provides professional support, resources and counselling to children, youth and their families.

Helping Individuals at Risk

Phone: 780-492-4372

Email: hiarua@ualberta.ca

A confidential resource for the University of Alberta campus community to report worrisome behaviors or concerns of individuals at risk of harming themselves or others. HIAR helps connect individuals to supports for the all members of the community for a healthy academic and work environment.

Community Social Work Team

Phone: 780-492-3342

Email: cswteam@ualberta.ca

Webpage: <http://community.ualberta.ca/en/Resources.aspx>

Assistance Programs (Employee and Family, Graduate Student, & Postdoctoral Fellows)

Phone: 780-428-7587

The University's Assistance Programs provide psychological counseling, along with a wide range of work life and well-being services. In addition to counseling, the program offers access to nutritional, legal and financial consultation, services of a personal trainer, e-learning courses, health and wellness resources, and work life services.

Unitea

Phone: 780-492-5050

Email: unitea@ualberta.ca

Unitea provides opportunities for these conversations to happen. Unitea connects students with trained Unitea hosts to engage in conversation over a free cup of tea or coffee. The program is available for students at both North and Augustana campuses.

ACCESS Open Minds Community Brokers

Phone: 780-492-4773

Email: accessom@ualberta.ca

Address: 2-300 Students' Union Building (North Campus) T6G 2J7

The U of A ACCESS Community Brokers team provides ongoing assistance to U of A students throughout the process of attaining appropriate mental health supports, and strive to bridge service gaps and connect students to timely and effective resources.

Free Drop-in Mental Health Workshops

Webpage: <https://www.ualberta.ca/current-students/counselling/workshops>

Learn strategies to deal with common mental health concerns like depression, anxiety, relationship break-ups, and more with workshops through Counselling and Clinical Services.

Faculty of Medicine and Dentistry's Office of Advocacy & Wellbeing

Webpage: <https://www.ualberta.ca/medicine/programs/support-wellness>

Phone: (780)492-3092 / (780)492-3150

Learner health and well-being include all areas related to both physical and mental health. We provide counselling on academic and personal matters. We also provide advice and help accommodate the needs of learners with special circumstances. Our aim is to ensure that undergraduate and postgraduate learners are not distracted by health matters and are able to perform to the best of their abilities

Other Relevant Resources:**The Centre**

Phone: 587-635-3130

Website: <https://www.wellnesscentreab.ca>

The Centre aims to provide quality and timely care to the transgender, nonbinary and gender diverse persons in northern Alberta. The Centre focuses on crisis support, outreach to individuals seeking healthcare, and education opportunities for family doctors and other healthcare providers.

Employee and Family Assistance Program (EAFP)

Phone: 1-877-273-3134

Helps for University of Alberta staff and faculty individuals dealing with personal, family, or work related issues.

Drop-In Single Session Counselling

Phone: (780) 424-6103

Free drop-in psychological counselling services in the community, offering individual, couples/partners and family therapy. Services include referrals to additional services that will support the change you desire.

Addiction Helpline, Alberta Health Services

Phone: 1-866-332-2322 (24 hours), across Alberta

The Addiction Helpline is a toll free confidential service that provides alcohol, tobacco, other drugs, and problem gambling support, as well as information and referral to services. The Addiction Helpline operates 24 hour a day, seven days a week and is available to all Albertans. Interpreter Services are available in 180 languages.

Addiction Services - Adult Counseling

Phone: 780-427-2736

Webpage: www.albertahealthservices.ca

Alberta Health Services short-term adult outpatient treatment services include individual, family and group counselling for those with alcohol, other drug or gambling concerns (free and confidential).

Addiction and Mental Health Intake

Phone: 780-342-7600

Referrals to community mental health and addictions services.

Alcoholics Anonymous (throughout Edmonton and surrounding areas)

Phone: 780-424-5900 (24 hours)

Webpage: <http://edmontonaa.org/>

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Sexual Addicts Anonymous (Edmonton)

Phone: 587-921-4528

Website: <https://www.saa-edmonton.ca/contact-us/>

Sex Addicts Anonymous is a fellowship of men and women who share their experiences for the purpose of finding freedom from addictive sexual behavior and helping others recover from sex addiction. Local meetings offer an accepting, non-threatening environment for sharing common struggles and learning how to apply the principles of the Twelve Steps. The only requirement for membership is a desire to stop addictive sexual behavior. No fees or dues.

Edmonton Grief Therapists

Web: https://therapists.psychologytoday.com/rms/prof_results.php?city=Edmonton&state=AB&spec=14

Canadian Mental Health Association – Edmonton & Area

Webpage: <https://edmonton.cmha.ca>

Applied Suicide Intervention Skills Training (ASIST), Community Resources, Drop-In Counselling, and many other services to aid mental health.

Boyle Street Community Services

Address: 10116–105 Avenue NW Edmonton, AB

Phone: 780-424-4106

Drop in counselling and addiction/mental health services.

Boyle McCauley Health Centre, Mental Health Services

Address: 10628–96 Street NW Edmonton, AB

Phone: 780-422-7333 ext. 238

Counseling, crisis intervention, assessments, referrals for mental health services.

CASA Child, Adolescent and Family Mental Health

Phone: 780-400-2270

Address: 406 Peace Hills Trust Tower 10011 109 Street NW Edmonton, AB

Website: <https://www.casaservices.org>

Provides mental health services for infants, children, adolescents and their families within Alberta at multiple locations.

Edmonton CSATs (Certified Sex Addiction Therapists)

Website: <https://therapists.psychologytoday.com/rms>

Enter your preferred city to find therapists in your area, and then you can use the side bar to specify sexual addiction, or any type of therapy you are in need of. If you would like a referral to a CSAT, you can email: addgenes@ualberta.ca

Edmonton Mennonite Centre for Newcomers

Phone: 780-424-7709

Address: 11713–82 Street NW Edmonton, AB

Website: <http://emcn.ab.ca/>

Language, settlement, employment and community programs for newcomers to Canada.

The Family Centre

Phone: 780-423-2831

Website: <https://www.the-family-centre.com/>

Provides workshops, support services, therapy and other services to families in the Edmonton area.

Momentum Walk-In Counselling

Phone: 780-757-0900

Walk-In Counselling: Suite 706, 5241 Calgary Trail NW (Centre 104) Edmonton, AB

Drop in counselling, workshops, group therapy. Sliding scale cost based on income.

Pride Centre of Edmonton, Youth Space

Phone: 780-488-3234

Pride Centre: 10608 105 Avenue Edmonton, AB

Email: youth@pridecentreofedmonton.org

University of Alberta, Department of Educational Psychology

Phone: 780-492-3746

Website: <http://www.edpsychology.ualberta.ca/en/CentresAndInstitutes/ClinicalServices.aspx>

Counselling and assessment services with professionally trained graduate students. Check website for hours and fees.

University of Alberta Hospital Psychiatric Treatment Clinic

Phone: 780-407-6501

Website: <https://www.ualberta.ca/psychiatry/clinical-divisions-and-programs/university-of-alberta-hospital-adult-psychiatry-outpatient-department>

The clinic specializes in psychotherapy, largely in groups, to address a range of mental health concerns for adults 18-65 years of age. Self referrals are accepted by calling 780-407-6501, to discuss available treatment options. Clinic hours are Monday to Friday from 8:30am to 4:30pm.

ACCESS Open Minds Clinic

Walk-In Hours: Tuesday to Friday 12:00 PM – 5:30 PM

Address: First Floor of the Bill Rees YMCA 10211-105 Street NW Edmonton, Alberta T5J 1E3

Website: <http://accessopenminds.ca/our-site/edmonton-ab/>

ACCESS Open Minds Edmonton is a walk-in clinic for youth seeking addiction and mental health supports. At our clinic, we aim to provide a welcoming, non-judgemental, and inclusive space for everyone who walks through our door. Your wellness is our first priority, and we are here to work with you to meet your needs to the best of our abilities

Local Free Services:

City of Edmonton Assessment and Short-Term Counselling

Phone: 780-496-4777

Webpage: www.edmonton.ca

Speak privately with a professional social worker on various concerns such as daily life stressors, problems with family,

parenting stress, abuse or violence in the family. Also help with referring people to appropriate resources around housing, financial resources and many other community resources.

Community Mental Health Clinic

Phone: 780-342-7700

Webpage: www.albertahealthservices.ca

Provides services to adults suffering from chronic or severe mental illness, using a continuum of services to improve the length and quality of a client's tenure in the community. Clients are connected with their communities and are helped to make positive use of available resources to meet their housing, employment, health and leisure needs. Clients receive clinical services, including psychiatric consultation, assessment and medication support. Appointments are recommended.

Self-Intervention Online Tools:

Disclaimer: Please note that the resources we suggest below are neither affiliated with our research team nor the University of Alberta. Therefore, your personal and medical information that you may be providing through the use of these tools will never be disclosed to us (nor will the study team be making any contact with you based on any responses you make to, for example, the SBIRTs).

- Evolution Health (SBIRTs): <http://www.evolutionhs.com/solutions.html>
- Canadian Network for Mood and Anxiety Treatments: www.canmat.org
- Canadian Mental Health Association: www.cmha.ca
- The Canadian ADHD Resource Alliance: <https://www.caddra.ca/>
- Mood Disorders Society of Canada: <https://mdsc.ca>
- Bounce Back For Adults and Youth: www.bouncebackonline.ca
- Living Life to the Full (consists of eight 90-minute training sessions): <http://www.livinglifetothefull.ca/>
- Online Mindfulness Based Stress Reduction: many of these exist, for example <https://palousemindfulness.com/>
- Mood Gym Training Program (Learn cognitive behavior therapy skills for preventing and coping with depression): <http://www.moodgym.anu.edu.au>