

## Mental Health Support

- Alberta Health Services  
Mental Health Help Line (24/7)---1-877-303-2642  
Addiction Help Line (24/7)-----1-866-332-2322
- Africa Center  
Free Counselling-----1-833-381-1242
- The Family Center - Drop in Counselling  
Telephone Counselling-----780-423-2831  
Mental Health Therapist-----780-900-6274
- Government of Canada  
Mental Health and Substance Use Support  
Telephone Counselling (Adults)--1-866-585-0445  
Text WELLNESS to-----741741  
Telephone Counselling (Youth)---1-888-668-6810  
Text WELLNESS to-----686868

## Crisis

Call 911 if you or someone else is in  
immediate danger

- REACH Edmonton  
24/7 Crisis Diversion Team-----211 +3
- Canadian Mental Health Association (CMHA)  
Distress Line (24/7)-----780-482-4357 (HELP)  
Seniors' Abuse Help Line (24/7)---780-454-8888  
Crisis Chat-----  
<https://edmonton.cmha.ca/online-crisis-chat/>
- Edmonton Women's Shelter - WIN House  
24/7 Crisis and Information Line---780-479-0058
- Kids Kottage Foundation  
24/7 Crisis Line & Nursery-----780-944-2888
- Sexual Assault Centre of Edmonton  
Support and Information Line-----780-423-4121  
After Hours Support Line-----1-866-956-1099
- Government of Alberta Ministry of Children's Services  
Child Abuse Hotline-----1-800-387-5437

## Group Programs

- Boys and Girls Club  
Big Brothers Big Sisters-----780-455-5423
- Kara Family Resource Center  
Family Support-----780-478-5396
- Alberta Seniors United Now Society  
Seniors Advocacy Group-----780-449-1816
- The Family Center  
Depression Support Group-----780-900-6423  
Anxiety Support Group-----780-900-6423
- Mankind Project Alberta  
Men's Support Group-----780-222-8390
- Alberta Health Services  
New Moms Network-----780-413-7980  
Suicide Survivors Support Group--780-342-1340
- Eating Disorder Support Network of Alberta  
Adult Support Groups-----780-729-3376
- Addictions & Mental Health Community Program  
Young Adult Social, Recreation, and Wellness  
Programs-----780-782-5042

## Shelter/Housing

- Edmonton Women's Shelter Limited  
Emergency Housing-----780-479-0058
- Lurana Shelter Society  
Emergency Housing (Women)---780-479-0058
- Sage Seniors Association  
Seniors' Safe House-----780-702-1520
- Jessica Martel Memorial Foundation  
Emergency Shelter (all gender)---780-939-5289
- The Salvation Army  
Men's Aftercare Housing-----780-429-4274

Dial 2-1-1 within Alberta for more information or if you cannot find the particular service you are looking for. Or text INFO to 211.

If 211 is not yet available in your area call 1-888-482-4696.