

Crisis Lines

[Alberta Health Services](#)

- Child and Adolescent Addiction and Mental Health Crisis Line (Ages 5-17)
- 8:00am-11:30pm
- 780-407-1000

[Alberta Health Services](#)

- 24/7 mental health help line
- 1-877-303-2642

[Alberta Health Services](#)

- 24/7 addiction help line
- 1-866-332-2322

[Canada Suicide Prevention Service](#)

- 24/7 help line
- 1-833-456-4566

[Canadian Mental Health Association](#)

- 24/7 distress line for short-term crisis intervention
- 780-482-HELP (4357)

[Government of Alberta](#)

- 24 /7 bullying help line
- 1-888-456-2323

[Kid's Help Phone](#)

- 24/7 crisis support
- 1-800-668-6868

[Sexual Assault Centre of Edmonton](#)

- 9am-9pm Support Line
- 780-423-4121

Walk-In Counselling and Supports (Free or Sliding Scale)

[Access 24/7](#)

- Walk-in addiction and mental health services (18+ only)
- 10959 102 Street, Edmonton
- 780-424-2424

[ACCESS Open Minds](#)

- Walk-in youth addiction and mental health clinic (Ages 11-25)
- Bill Rees YMCA, 10211 – 105 Street NW, Edmonton
- 780-415-0048

[Alberta Health Services](#)

- Child and adolescent addiction and mental health intake services offering screening and triaging of referrals (Under 18 only)
- Northgate Centre - 9499 137 Avenue NW, Edmonton
- 780-342-2701

[Alberta Health Services](#)

- Child and adolescent mental health walk-in single-session therapy (Ages 5-17)
- Rutherford Health Centre – 11153 Ellerslie Road SW, Edmonton
- 780-342-6850 (call ahead for wait times)

[The Family Centre](#)

- Walk-In, single-session, in-person counselling (first session free)
- #20, 9912 106 Street NW, Edmonton
- 780-900-6096

[Momentum Walk-In Counselling](#)

- Walk-in, single-session counselling
- #706, 5241 Calgary Trail NW, Edmonton
- 780-757-0900

Appointment-Based Counselling and Supports

[Cornerstone Counselling](#)

- Faith-based counselling services (All faiths welcome)
- Sliding scale fee structure
- #302, 10140 117 Street NW, Edmonton
- 780-482-6215

[Jewish Family Services Edmonton](#)

- Counselling services
- Fees assessed on a sliding scale
- 100, 8702 Meadowlark Road, Edmonton
- 780-454-1194

[Mercy Counselling \(Catholic Social Services\)](#)

- Psychological counselling from a faith-informed perspective (All faiths welcome)
- Will work with you to determine eligibility for financial assistance
- 780-391-3233

[Pilgrim's Hospice Society](#)

- Grief and bereavement services and counselling
- #104, 15023 123 Avenue NW, Edmonton
- 780-413-9801

[Sexual Assault Centre of Edmonton](#)

- Trauma-centred therapy for those that have experienced sexual violence, assault, abuse or harassment
- No fee
- 14964 121a Ave NW, Edmonton
- 780-423-4102

[YWCA](#)

- Counselling services by appointment (Has specialized services for women/girls)
- Fees are based on a sliding scale
- #400, 10080 Jasper Avenue, Edmonton
- 780-423-9922

LGBTQ2S+ Supports

[The CHEW Project](#)

- Counselling, crisis intervention, and social services for LGBTQ2S+ youth
- 11725 Jasper Avenue, Edmonton
- 780-665-5220

[The Family Centre](#)

- Walk-In, single-session, in-person counselling (first session free)
- #20, 9912 106 Street NW, Edmonton
- 780-900-6096

[Pride Centre of Edmonton](#)

- Support groups, programs, information, and referral for people with diverse sexual orientations, gender identities, and gender expressions
- 2nd floor, 10618 105 Avenue NW, Edmonton
- 780-488-3234

Culturally-Relevant and Faith-Based Supports

[Aboriginal Counselling Services Association of Alberta](#)

- Circle of Safety program: Teaching circles for children impacted by family violence
- 780-448-0378

[Aboriginal Psychological Services](#)

- Culturally-informed counselling services for Indigenous clients
- 587-594-9855

[Africa Centre \(Council for the Advancement of African Canadians in Alberta\)](#)

- Six-month mentorship program to support Albertan youth of African descent aged 15-24 with their emotional and mental health
- 780-455-5423

[Bent Arrow](#)

- Mentoring programs, wellness workshops, relationship building and community support development for Indigenous youth
- 780-481-3451

[Cornerstone Counselling](#)

- Faith-based counselling services
- #302, 10140 117 Street NW, Edmonton
- 780-482-6215

[Edmonton Mennonite Centre for Newcomers](#)

- Counselling services by appointment for immigrants and refugees
- 780-423-9696

[Jewish Family Services Edmonton](#)

- Counselling services
- Fees assessed on a sliding scale
- 100, 8702 Meadowlark Road, Edmonton
- 780-454-1194

[Mercy Counselling \(Catholic Social Services\)](#)

- Psychological counselling from a faith-informed perspective
- Will work with you to determine eligibility for financial assistance
- 780-391-3233

[Multicultural Health Brokers Cooperative \(MHBC\)](#)

- Immigrant Youth and Mental Health Program: Various programs which place an emphasis on the social components of mental health
- 780-423-1973

[Native Counselling Services of Alberta](#)

- Support for Aboriginal people to gain fair and equitable access to the justice, children's services, and corrections systems in Alberta
- 780-451-4002

[Poundmaker's Lodge Treatment Centres](#)

- Addictions treatment centre for Indigenous clients
- Tele-Mental Health Counselling Services
- 780-458-1884



Support Groups and Community Resources

[Alcoholics Anonymous](#)

- Support groups for those struggling with alcohol use
- 780-424-5900

[Mental Health Copilots](#)

- Assistance with navigation of local mental health supports

[Narcotics Anonymous](#)

- Support for those struggling with narcotic use
- 780-421-4429

[Parents Empowering Parents Society](#)

- U-Turn for Youth: Drop-in support meetings for youth and young adults involved in substance use
- 2001 Sherwood Drive, Sherwood Park
- 780-410-8516

[Pride Centre of Edmonton](#)

- Support groups, programs, information, and referral for people with diverse sexual orientations, gender identities, and gender expressions
- 2nd floor, 10618 105 Avenue NW, Edmonton
- 780-488-3234

[Primary Care Network](#)

- Workshops focused on various mental and physical health topics

[Starfish Family Resources Society](#)

- Peer support for youth grieving divorce, separation, death, or abandonment
- #6, 12122 68 Street NW, Edmonton
- 780-448-1180

[We All Believe In You](#)

- Mental health peer-support (18+)

[Youth Empowerment and Support](#)

[Services \(YESS\)](#)

- Armoury Resource Centre: Referrals to addictions counselling, legal advocacy, or human services
- 10310 85 Avenue NW, Edmonton
- 780-468-7070

[YWCA](#)

- Drop-in psychologist-led Girls Counselling Group (ages 14-16)
- #400, 10080 Jasper Avenue, Edmonton
- 780-423-9922

Phone Supports

[211 Alberta](#)

- 24/7 access to counselling, support groups, health care, and other resources
- 211 (in Edmonton)
- 780-482-4636 (outside Edmonton)

[811 Health Link](#)

- 24/7 access to health information and advice
- 811 (in Alberta)
- 1-866-408-5465 (in Canada)

Physical Health and Basic Needs Supports

[Alberta Health Services](#)

- Birth Control Centre
- Counselling, information, and referrals as needed for contraception, unplanned pregnancy, pregnancy options, and safe sex practices
- 780-735-0010

[Edmonton Food Bank](#)

- Food assistance
- 11508 120 Street NW, Edmonton
- 780-425-4190

[Hope Mission](#)

- Youth Shelter
- 10014 105A Avenue NW, Edmonton (Male youth)
- 9908 106 Avenue NW, Edmonton (Female youth)
- 780-422-2018

[Terra Centre for Teen Parents](#)

- Support for teen parents
- 9930 106 Street NW, Edmonton
- 780-428-3772

[Woman's Health Options](#)

- Counselling, resources, and services related to reproductive choice
- 12409 109A Avenue, Edmonton
- 780-484-1124

[Youth Empowerment and Support](#)

[Services \(YESS\)](#)

- Nexus Overnight Shelter
- 9310 82 Avenue NW, Edmonton (8pm-11am)
- 780-468-7070

Support Apps



Always There - Kids Help Phone

- Live chat counselling
- [iOS](#); [Android](#)



Calm

- Guided meditation and relaxation exercises
- [iOS](#); [Android](#)



Calm Harm

- Resist or manage the urge to self-harm
- [iOS](#); [Android](#)



Cove

- Express emotions through music
- [iOS](#)



The Daily Difference

- Modules to guide through mild anxiety, depression, bullying, and self harm
- [iOS](#); [Android](#)



DiveThru

- Guided journaling
- [iOS](#); [Android](#)



Headspace

- Meditation and mindfulness
- [iOS](#); [Android](#)



Lyf

- Support Forum
- [iOS](#); [Android](#)



Mindshift™ CBT

- Relaxation, mindfulness, and CBT exercises
- [iOS](#); [Android](#)



notOK

- Digital panic button
- [iOS](#); [Android](#)



Routinist

- Schedule Planner
- [iOS](#)



SuperBetter

- Resilience training
- [iOS](#); [Android](#)



What's Up

- Cope with anxiety, depression and more
- [iOS](#); [Android](#)

