

**For a List of
In-Person
Services**

**Contact Smoky
Lake FCSS
780-656-3674**

Wellness **MENTAL** Wellness

Free Resources

AHS Mental Health Help Line (24/7)

The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.

Call: 1-877-303-2642

Alberta Addictions Helpline (24/7)

Confidential service that provides support to Albertans experiencing addiction and mental health concerns.

Call: 1-866-332-2322

Rapid Access Counselling (RAC)

Provides individuals and families with supportive, change-focused conversations at the right time

racalberta.ca

Hope for Wellness

24/7 Mental Health Counselling and Crisis Intervention for Indigenous Peoples across Canada

Call: 1-855-242-3310
hopeforwellness.ca

(Online Chat)

Canadian Suicide Prevention Service

Call: 1-833-456-4566

Text: 45645

2pm - 10pm (MST)

Brite Line

Edmonton-based telephone line for the 2SLGTBQIA+ Community

Call: 1-844-702-7483

briteline.ca

CityUniversity Clinic Services

Virtual Clinic offers professional counselling sessions to Adults, Youth, Children (6+). Couples, and families through secure video conferencing.

clinics.cityuniversity.ca

Canadian Mental Health Association

Helping Albertans find compassionate support, responsible care and accessible resources, developed to address the unique needs of individuals and communities.

Rural Distress Line:
1-800-232-7288