

Addiction and Mental Health

Edmonton Zone Resources

Accessing addiction and mental health community programs

Finding the right supports takes effort at the best of times. This resource list is offered as a way for you to begin learning what is available in our community for the purpose of increasing and supporting wellness for you and your family. The availability (hours and types of services) of programs listed may be revised without notice; we encourage you to stay connected and informed as you engage with supports and services.

Adult Services: Access 24/7 – Call 780-424-2424

Located at Anderson Hall (10959 102 Street), this 24-hour service provides a single point of access to non-urgent and urgent adult addiction and mental health community-based programs across the Edmonton Zone. Services may include service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization. Walk-in services are available from 8:00 am – 10:00 pm. Phone appointments are available.

Child and Adolescent Mental Health Intake – Call 825-402-6799

Provides a single intake service for child & adolescent community mental health clinics across the Edmonton Zone and can provide support to determine the services that best fit the needs of a child or youth.

Child and Adolescent Single Session Walk-In Clinics

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. A guardian must accompany the child/youth for consent purposes.

Please call ahead; phone appointments are also available.

- Northgate Centre 780-342-2700 (Monday-Friday, 12:30-4:00 pm)
- Rutherford Health Centre 780-342-6850 (Monday-Friday, 12:30-4:00 pm)
- St. Albert 780-342-1410 (Wednesday, 12:30-4:00 pm)
- Leduc Central Hope Building 780-986-2660 (Wednesday, 12:30-4:00 pm)

Youth Addiction Services Intake – Call 780-422-7383 (8:15 am – 4:30 pm)

This service offers a continuum of programs and services for children/adolescents (aged 12 - 18), families, and professionals concerned about alcohol, drugs, tobacco, and gambling. **Phone appointments are available.**

Young Adult Services: Access Open Minds – Call 780-415-0048

ACCESS Open Minds Edmonton is a clinic for youth ages 16-24 seeking addiction and mental health supports. They provide walk-in as well as intake, counselling, and other services. **Phone appointments are available.**

Addiction and Mental Health Crisis Team for Children and Youth – Call 780-407-1000

This service offers immediate crisis support to children and adolescents and their care providers; it also provides support to professionals in the community in the child serving sector. Available 7 days a week, 8:00 am – midnight.

School Based Mental Health Services – Contact your child's school

This service is for families with children in Edmonton Schools who want to connect with the mental health therapist available through their child's school.

211 Alberta – Call 211

211 Alberta helps to find available community and social services resources across Alberta. Speak to an Information & Referral Specialist, or search their online community resource directory at ab.211.ca

***In an emergency, please proceed to the nearest
Emergency Department or call 911.***

Additional mental health and community resources

Drop-In YEG - dropinyeg.ca

This single-session counselling and referral service, provided by The Family Centre, is currently offering phone counselling. To arrange for an appointment, email info@familycentre.org or call 780-423-2831.

Text4Hope - Text COVID19HOPE to 393939 to subscribe.

Text4Hope is a tool that provides daily text messages offering advice and encouragement in developing healthy coping skills. Communication is one-way and does not replace other mental health therapies and supports. Text messages are free, dependent on the user's cell phone plan.

Seeking encouragement around addictions? Text Open2Change to 393939 to subscribe.

Help in Tough Times Resource Page - <https://www.albertahealthservices.ca/amh/Page16759.aspx>

This AHS resource webpage offers links to helpful resources around the COVID-19 response, as well as information on handling emergencies and disasters, employment loss, grief, mental health and substance use, stress, and community supports.

Wellness Together Canada - <https://www.wellnesstogether.ca/en-CA> or text WELLNESS to 741741

Free mental health supports for all Canadians including wellness self-assessment and tracking, self-guided courses, apps, and modules, group coaching, peer support, and counselling by text or phone.

Togetherall - <https://togetherall.com/en-ca/>

Free mental health supports for all Canadians including wellness self-assessment and tracking, self-guided courses, apps, and modules, group coaching, peer support, and counselling by text or phone.

CMHA Bounce Back - <https://bounceback.cmha.ca/welcome/>

BounceBack® is a free program from the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Through workbooks and a trained coach, you are encouraged to reflect on and build skills to improve mental health.

Digital Overdose Response System - <https://www.dorsapp.ca/>

The Digital Overdose Response System (DORS) app allows Albertans using opioids or other substances to summon emergency response to their location if they become unconscious. Available in Edmonton and Calgary.

Caregiver Education – cyfcaregivereducation.ca

This website provides community members with basic information about addiction and mental health challenges that can impact children, youth, adults, and families. Includes printable tip sheets for parents.

Other important phone numbers

- Emergency - 911
- Health Link (nurse advice and general health information) – 811
- Mental Health Helpline Alberta – 1-877-303-2642
- Addiction Services Helpline Alberta – 1-866-332-2322
- Kids Help Phone (for ages 6-29) – 1-800-668-6868 or Text “TALK” to 686868
- Distress Line Edmonton – 780-482-4357 (HELP)
- Rural Distress Line – 1-800-232-7288
- Talk Suicide Canada – 1-833-456-4566
- Family Violence Information Line Alberta – 310-1818
- BRITE Line (2SLGBTQIA+ support line) - 1-844-702-7483
- Hope for Wellness Helpline for Indigenous Peoples – 1-855-242-3310

This material is designed for information purposes only. It should not be used in place of medical advice, and/or treatment. If you have specific questions, please contact your healthcare professional.