COUNSELLING & CLINICAL SERVICES

ACCESS Open Minds Downtown
780-415-0048 Bill Rees YMCA
10211 – 105 St NW

Offers free mental health and social supports for youth between the ages of 11 and 25. This is a project designed to help young adults get fast access to mental health & addiction services. They employ a variety of mental health and support workers that help the client navigate and access programs and services tailored to their needs. These services may include counselling, psychiatry, housing, social assistance, etc.

www.accessopenminds.ca

AHS 108 St. Intake
780-342-7600 (Intake) 9942 – 108 Street NW

Monday – Friday:
8:00 a.m. – 4:00 p.m.

Offers free ongoing mental health supports for clients dealing with long-term mental health issues. Mental Health Therapists provide counselling and referrals to alternate and supportive services should this be required, including consultation with Psychiatry. Clients may be self-referred and must call the number below and speak to an Intake Therapist, client will leave a message and will be contacted within three weeks for an initial assessment.

www.albertahealthservices.ca/amh/amh.aspx

Catholic Social Services
— Counselling Services
780-420-1970 (Intake) Various Edmonton locations

Monday – Friday:
8:00 a.m. – 5:00 p.m.

Programs for people of all faiths and cultures, including persons with disabilities, street youth, immigrants and refugees, and persons with HIV/AIDS. Therapeutic counselling for individuals, couples, and families. Sliding Scale ($20–135).

www.cssalberta.ca/Our-Services

City of Edmonton Short-Term Counselling
780-496-4777 (Intake) Various Edmonton locations

Monday – Friday:
8:30 a.m. – 4:30 p.m.

Provides short-term counselling by experienced social workers. Referrals for community resources. No fee.

www.edmonton.ca/programs_services/for_family_individuals/counselling-services.aspx

Community Counselling Centre
780-482-3711 #202, 10534 – 124 Street

Monday – Friday:
10:00 a.m. – 4:00 p.m. (intake)

Offers a relational approach to counselling for adults, children, couples, families and groups. Sliding Scale ($25–120).

www.communitycounsellingcentre.ca
Counselling & Clinical Services

Cornerstone Counselling Centre
780-482-6215
#302, 10140 – 117 Street
Monday – Thursday: 8:30 a.m. – 8:30 p.m.
Friday – Saturday: 8:30 a.m. – 4:30 p.m.
Both faith-based and secular services aimed at promoting wholeness of life through counselling, education, assessment, and training.
Sliding Scale ($50–180).
www.cornerstonecounselling.com

The Family Centre
Main Phone Number: 780-423-2831
Counselling Intake: 780-424-6103
20, 9912 – 106 Street
Monday – Thursday: 8:30 a.m. – 8:00 p.m.
Friday: 8:30 a.m. – 3:00 p.m.
Saturday: 9:00 a.m. – 3:00 p.m.
Provides counselling, various in-home support services, and group programs to families, couples, and individuals.
Sliding scale if seeing an intern ($10–130).
www.thefamily-centre.com

Drop-In YEG
Offers free drop-in single session counselling services provided by Intern Therapists who are completing their Masters or PhD. Offers individual, partners and family therapy, and includes referrals to additional services if necessary.
Visit www.dropinyeg.ca for specific locations and dates when drop-in availability.

Faculty of Education Clinical Services, University of Alberta
780-492-3746
1-135 Education North Bldg.
Monday – Friday: 8:00 a.m. – 4:30 p.m.
Open September – April:
Evening & weekend appointments available
Offers various testing and counselling services to individuals, families, and couples by graduate students in counselling. $30 per session.
www.ualberta.ca/educational-psychology/centres-and-institutes/clinical-services

Homewood Health: Graduate Student Assistance Program*
780-702-0780
1-800-663-1142 (24-Hour Intake)
Daytime, evening & weekend appointments available.
No walk-ins, please phone or register online for appointment and location information.
*Available for graduate students through GSAP.
Confidential professional counselling for a broad range of personal problems. Several other lifestyle, career, and health-related services also available.
www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program

Institute for Sexual Minority Studies and Services (iSMSS)
780-492-0772
7-104 Education North Building
Supports the needs and concerns of sexual-minority students at the University of Alberta.
www.ismss.ualberta.ca
**Counselling & Clinical Services**

**Momentum Counselling**

780-757-0900  
8702 Meadowlark Road (159 St.)

Monday – Thursday:  
11:00 a.m. – 7:00 p.m.  
Friday – Saturday:  
10:00 a.m. – 2:00 p.m.

Single session, sliding scale counseling. An appropriate service for those looking for strategies that can be used to problem solve or help cope with a stressful situation, or for those who want to simply be listened to with understanding and without judgment. The service takes about 2 hours and follow up sessions may be offered on a short term basis.

**Sliding scale** is based on the client's monthly income and ranges from an investment of $0 to $190.

[www.momentumcounselling.org/](http://www.momentumcounselling.org/)

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**Sexual Assault Centre of Edmonton**

780-423-4102  
205, 14964 – 121A Avenue

Monday – Thursday:  
8:30 a.m. – 5:30 p.m.

Provides crisis intervention, counselling and support groups to survivors and their families of past and current sexual assault and abuse. **No fee.**

[www.sace.ab.ca](http://www.sace.ab.ca)

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**U of A Hospital: Provincial Eating Disorder Program**

780-407-6114  
University of Alberta Hospital

Provides inpatient and outpatient services. Call for more information (referral required).

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**Jewish Family Services**

780-454-1194  
8702 Meadowlark Road (159 St.)

Monday – Friday:  
9:00 a.m. – 5:00 p.m.

Offers support services, including counselling, referral, advocacy, relief, and bereavement support to individuals and families. All are welcome. **Sliding Scale** ($0–$120).

[www.jfse.org/](http://www.jfse.org/)

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**Pride Centre of Edmonton**

780-488-3234  
10608 – 105 Avenue

Wednesday:  
12:00 – 8:30 p.m.

Friday:  
5:30 – 8:30 p.m.  
(by appointment only)

Provides resources regarding gay, lesbian, bisexual, and transgender issues. Offers solution-focused counselling; specializes in sexual orientation and identity. **No fee.**

[www.pridecentreofedmonton.ca/](http://www.pridecentreofedmonton.ca/)

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**YWCA**

780-970-6501  
Empire Building  
#400, 10080 Jasper Avenue

Monday, Wednesday, Friday:  
9:00 a.m. – 5:00 p.m.

**No fee.**

Email: counselling@ywcaedm.org
## Academic Success Centre
780-492-2682  
2-300 SUB  
Monday – Friday: 8:30 a.m. – 12:00 p.m. | 1:00 – 4:30 p.m.  
Resources for writing, studying, and time management.

## Accessibility Resources
780-492-3381  
1-80 SUB  
Monday – Friday: 8:30 a.m. – 12:00 p.m. | 1:00 – 4:30 p.m.  
Serves students with conditions affecting mobility, vision, hearing, learning, and physical or mental health.

## Career Centre
780-492-4291  
2-100 SUB  
Monday – Friday: 8:30 a.m. – 4:30 p.m.  
Resources for career planning and finding work.

## Financial Aid Office (Student Connect)
780-492-3381  
Main floor, Administration Building  
Monday, Tuesday, Thursday, Friday: 10:00 a.m. – 4:15 p.m.  
8:15 a.m. – 4:15 p.m.  
Help with student loans, bursaries, & financial planning.

## First Peoples’ House
780-492-5677  
2-400 SUB  
Monday – Friday: 8:30 a.m. – 12:00 p.m. | 1:00 – 4:30 p.m.  
Offers many programs/services for Aboriginal students.

## Office of the Student Ombuds
780-492-4689  
2-702 SUB  
Monday – Friday: 10:00 a.m. – 4:00 p.m.  
Information, advice, and support to students as they deal with academic, discipline, interpersonal, and financial issues related to student programs.

## Peer Support Centre
780-492-4357  
2-707 SUB  
Monday – Friday: 9:00 a.m. – 8:00 p.m.  
Offers confidential and non-judgmental supportive listening or crisis intervention by phone or walk-in.

## Sexual Assault Centre
780-492-9771  
2-705 SUB  
Monday – Friday: 9:00 a.m. – 8:00 p.m.  
Offers crisis intervention, support, and information for survivors of sexual assault and their supporters. Phone or walk-in.

## Student Legal Services
780-492-2226  
11011 – 88 Avenue  
Monday – Friday: 8:30 a.m. – 4:30 p.m.  
Student volunteers provide legal help and information.

## University of Health Centre
780-492-2612  
2-200 SUB  
Monday – Friday: 8:30 a.m. – 4:30 p.m.  
Walk-in health clinic open to students, their immediate family members, academic and non-academic staff.
Sexual Assault Centre of Edmonton
780-423-4121
For survivors (and their families) of past and current sexual assault and sexual abuse.

FACE TO FACE CRISIS INTERVENTION

Urgent Services, Alberta Health Services
780-342-7777 24 Hours, 7 Days/Week
A mental health team that may go on location (e.g., to your home) to assess and stabilize a crisis situation (e.g. suicide ideation or intention, anxiety, fear, paranoia, schizophrenia, and other unusual behavior). Available to individuals, family members, concerned others and community agencies dealing with emotional or psychiatric crisis.

www.albertahealthservices.ca/findhealth/service.aspx?id=1071344

Edmonton Community Mental Health Clinic (AHS)
780-342-7700 3rd Floor, 9942 – 108 Street
Monday – Friday: 8:00 a.m. – 4:30 p.m.
Provides services to adults experiencing chronic and severe mental illness. Clients receive clinic services including psychiatric consultation, assessment, therapy, and medication support. This service is not available to everyone. By appointments only. Call for more information.

www.albertahealthservices.ca/findhealth/Service.aspx?id=1071368&serviceAtFacilityID=1111300

In case of life threatening emergencies, please call 911 or process directly to the Emergency Department of the nearest hospital.
211 Edmonton  
211 or 780-482-4636  
[211edmonton.com](http://211edmonton.com)

AHS Mental Health Help Line  
1-877-303-2642

Health Link  
811

InformAlberta  
[www.informalberta.ca](http://www.informalberta.ca)

Information about community, health, social, and government services across Alberta.

Psychologists' Association of Alberta (PAA) Referral Service  
780-424-0294  
PAA online referral service:  
[www.psychologistsassociation.ab.ca/site/doctor_search_agreement](http://www.psychologistsassociation.ab.ca/site/doctor_search_agreement)

Your Own Health Plan  
Counselling may be covered under your or a family member’s EAP (employee assistance program) health plan. The U of A undergraduate health plan pays 80% of the cost for a psychologist visit, up to $600 per year. Graduate students have counselling covered under the graduate student assistance program (GSAP).  
[www.studentcare.ca/](http://www.studentcare.ca/)  
[www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program](http://www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program)

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