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. – 4:30 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.
Evening & weekend appointments available

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.
Evening & weekend appointments available

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

AHS Addictions and Mental Health (formerly AADAC): Edmonton Adult Addiction Services
780-427-2736 10010 – 102A Avenue

Monday, Tuesday, Thursday, Friday:
8:00 a.m. – 2:00 p.m.
8:00 a.m. – 3:00 p.m.
Wednesday:
8:00 a.m. – 2:00 p.m.

Short-term adult outpatient treatment services include individual, family, and group counselling for those with alcohol, other drug, or gambling concerns. Walk-in intake. No fee.

www.albertahealthservices.ca/amh/amh.aspx
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

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.

Visit www.the-family-centre.com for specific locations and dates when drop-in availability.

Homewood Health: Graduate Student Assistance Program*

780-702-0780  1-800-663-1142 (24-Hour Intake)

Provides counselling, various in-home support services, and group programs to families, couples, and individuals.

Sliding scale if seeing an intern ($10–130).

www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program

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

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**

**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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**Momentum Counselling**
780-757-0900 #706, 5241 Calgary Trail NW

Monday – Thursday: Friday – Saturday:
11:00 a.m. – 7:00 p.m. 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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**YWCA**
780-970-6501 Empire Building #400, 10080 Jasper Avenue

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

Tuesday, Thursday:
9:00 a.m. – 9:00 p.m.

Offer individual counseling, with experience in various areas including: complex trauma, domestic violence, eating disorders, addictions, anxiety and EMDR. **Sliding scale** $5–$150 dependent on individual’s income.

Email: counselling@ywcaedm.org

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

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**Pride Centre of Edmonton**
780-488-3234 10608 – 105 Avenue

Wednesday: Friday: 5:30 – 8:30 p.m.
12:00 – 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/)
COUNSELLING & CLINICAL SERVICES

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.
Monday, Wednesday, Friday: 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 5-02 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.

Updated October 2018


**COUNSELLING & CLINICAL SERVICES**

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## 24-HOUR CRISIS LINES

### AHS Addictions & Mental Health
(formerly AADAC)

1-866-332-2322

24-hour crisis line dealing with alcohol, drugs, gambling and tobacco; provides information and referrals to programs and services.

### Distress Line, The Support Network

780-482-4357 (HELP)

Confidential listening and support for those in crisis or distress.

### Edmonton Women’s Shelter

780-479-0058

For women who are abused or under the threat of abuse.

### Kids Kottage Foundation

780-944-2888

For parents to access for help and support when distress or crisis threatens the safety and well-being of their children.

### Lurana Shelter

780-424-5875

For women with or without children and are victims of domestic violence or threat of abuse.

### Narcotics Anonymous

780-421-4429

Offers addicts a way to live drug-free through a 12-step support program.

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## Sexual Assault Centre of Edmonton

780-423-4121

For survivors (and their families) of past and current sexual assault and sexual abuse.

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## 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.

[Website](http://www.albertahealthservices.ca/findhealth/service.aspx?Id=1071344)

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### 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.

[Website](http://www.albertahealthservices.ca/findhealth/Service.aspx?id=1071368&serviceAtFacilityID=1111300)

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In case of life threatening emergencies, please call 911 or process directly to the Emergency Department of the nearest hospital.
COUNSELLING & CLINICAL SERVICES

211 Edmonton
211 or 780-482-4636  211edmonton.com

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

Health Link
811

InformAlberta
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

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/
www.ualberta.ca/graduate-students-association/services/graduate-student-assistance-program

Updated October 2018