

Mental Health Resource List



Not sure where to start? Find resources in your region:

Information: Dial 211

24-hour information and referral line connecting you to social, health and government services.

If 211 is not yet available in your area call 780-482-INFO (4363).

<https://informalberta.ca>

Health Support: Dial 811

24/7 telephone service that provides free nurse advice, navigation services, and general health information for Albertans.

<https://myhealth.alberta.ca>

Addiction/Substance Abuse

- Addiction Helpline

1-866-332-2322

<https://www.albertahealthservices.ca/amh/amh.aspx>

Bereavement/Grief

Edmonton

- CMHA Suicide Bereavement Support Services

780-414-6300

Calgary

- Bob Glasgow Grief Support Centre

403-955-8011

Caregiver Supports

Caregivers Alberta

1-877-453-5088

<http://www.caregiversalberta.ca/>

Counselling – Private Psychologists

- Psychologists Association of Alberta

1-888-424-0297

Call or visit the online referral search:

<https://psychologistsassociation.ab.ca>

Crisis Support

Edmonton

- CMHA Distress Line 780-482-HELP(4357)
- Crisis Response Team 780-342-7777

Calgary

- Calgary Distress Centre & Mobile Response Team 403-266-4357
- Rural Distress Line 1-800-232-7288

Children's Mental Health

Edmonton

- CASA Child, Adolescent and Family Mental Health 780-400-2271

Calgary

- Wood's Homes Community Resource Team 403-299-9699

Family Violence

- Family Violence Info Line 310-1818
- Protection for Persons in Care Reporting Line 1-888-357-9339
- Office of the Public Guardian and Trustee 1-877-427-4525

Edmonton

- Edmonton Seniors Abuse Help Line 780-454-8888
- Individual & Family Well-being 780-496-4777

Calgary

- Kerby Elder Abuse Resource Line 403-705-3250
- Connet Family & Sexual Abuse Network 403-234-7233

Red Deer

- Red Deer Helping Elder Abuse Reduction (HEAR) 1-877-454-2580

Mental Health

- Mental Health Help Line 1-877-303-2642
- Access 24/7 (Edmonton) 780-424-2424
- Mental Health Commission of Canada

<https://www.mentalhealthcommission.ca>

- Canadian Mental Health Association Alberta (Searchable by region)

<https://www.mymentalhealth.ca/>

- Other online Mental Health resources

<https://www.ementalhealth.ca/Alberta/FindHelp/index.php?m=findHelp>

Resources for Lawyers

- Alberta Lawyers' Assistance Society
Peer Support Help Line 1-877-737-5508
- Professional Counselling 1-877-498-6898

<http://albertalawyersassist.ca/>

Resources for Veterans

- Referral required by Veterans Affairs Canada: 1-866-522-2122

Edmonton

- Operational Stress Injury Clinic 780-342-2792

Calgary

- Operational Stress Injury Clinic (Carewest) 403-216-9860

Resources for First Responders

- Legacy Place Society (Calgary and Edmonton) 403-201-9945

Supports for Seniors

- Office of the Seniors Advocate 1-844-644-0682

Edmonton

- Sage Seniors Association

780-423-5510

Calgary

- Calgary Seniors' Resource Society

403-266-6200

Suicide Prevention

- Canadian Association for Suicide Prevention

<https://suicideprevention.ca/>

- Centre for Suicide Prevention

<https://www.suicideinfo.ca/>

Wellness Programs

- Alberta Primary Care Network (Search for a PCN in your region)

<https://pcnpmo.ca/alberta-pcns/pages/list.aspx>