

TRAUMA TREATMENT SERVICE
In Partnership with the Zebra Child Protection Centre
Suite 702 10909 Jasper Ave
Edmonton AB T5J 3N6

Mental Health Resources for Adults (Edmonton + Area)

Urgent Mental Health Resources (24/7)

Emergency: 911 (or proceed to a nearby hospital emergency room)

Canadian Mental Health Association Edmonton Distress Line: (780) 482-4357 (HELP)

24/7 Help Line: (1-866) 332-2322

Adult Community Urgent Services: (780) 342-777

*Includes Adult Crisis Response Team (in-person team) and the Community Urgent Services and Stabilization Team

First Nations and Inuit Hope for Wellness Help Line: (1-855) 242-3310 or online chat
<https://www.hopeforwellness.ca>

Walk-In Clinics (AHS)

AHS Walk-in Clinics for children, youth, and their caregiver(s) who want to initiate change on a walk-in basis. Services are first come, first served- no appointment necessary. Clients are welcome to return to these clinics any time.

Northgate Health Centre

Monday- Friday from 8:00AM-4:00PM

#2020 9499 137 Avenue, Edmonton, AB, T5E 5R8

(780) 342-2701

Walk-In Clinics (City of Edmonton)

The city provides free single-session counselling for children, youth, and adults. Services are based on a first come, first served basis. There is no childcare available. You are able to return for single sessions (no limit). Services include referrals to additional services. The last counselling session is one hour prior to closing. ***Note: counselling is provided by intern therapists (Masters and PhD Students).** Services offered at a variety of locations:

Boys and Girls Clubs Big Brothers Big Sisters of Edmonton and Area West Club

16030 104 Ave, Edmonton, AB, T5P 0S3
Thursdays 5PM-8PM

Canadian Mental Health Association-Edmonton Region

300, 10010 105 Street, Edmonton, AB T5J 1C4
Mondays 10AM-4PM

Edmonton John Howard Society

401, 10010 105 Street NW, Edmonton, AB, T5J 1C4
Tuesdays 10AM-4PM

Edmonton Public Library- Abbottsfield Branch

3410 118 Ave NW, Edmonton, AB
Mondays 5PM-8PM

Edmonton Public Library- Highlands Branch

6710 118 Ave NW, Edmonton, AB
Mondays 1PM-4PM

Family Centre of Northern Alberta

20, 9912 106 Street, Edmonton, AB, T5K 1C5

Wednesdays 1PM-8PM, Friday-Saturday 10AM-4PM

Pride Centre of Edmonton

10608 105 Ave NW (accessible entrance),
10610 105 Ave, Edmonton, AB, T5H 1L2
Tuesdays 12PM-7PM, Thursdays 12PM-7PM

Sage Seniors Association of Greater Edmonton

15 Sir Winston Churchill Square NW
(Corner of 102A Ave and 100 St.),
Edmonton, AB, T5J 2E5
Wednesdays 10AM-3PM

Ubuntu

14023 Victoria Trail, Edmonton, AB, T5Y 2B6
Wednesdays 10AM-3PM

Mental Health Support for Non-Offending Caregivers

SACE Crisis Support and Information Line (24/7): (780) 423-4121

Sexual Assault Centre of Edmonton (SACE)
14964 121A Ave (Suite 205), Edmonton, AB, T5V 1A3
(780) 423-4102

*Counselling available for children/ youth 3+ and adults who have experienced sexual violence
**Provides psychoeducation and monthly in-person or online information sessions for caregiver's

Saffron Centre Ltd

222 Athabasca Ave (Suite 110),
Sherwood Park, AB, T8A 4C9
(780) 449-0900

*Saffron does offer caregiver support and support-persons of survivors have access to up to 5 sessions of counselling.

General Counselling Services (Adults)

24/7 information and referral line: 211

*Call this number for information about mental health services that are relevant to you and are offered in your area.

Alberta Health Services (AHS) Adult Intake Services: (780) 342-7600

*Call this number to get connected to a mental health professional with AHS

Bissel Centre

10527 96 Street, Edmonton, AB, T5H 2H6

(780) 423-2285 (ext. 130)

*Specialized services for low income/ those in poverty

Catholic Social Services- Mercy Counselling

7128 Ada Blvd NW, Edmonton, AB, T5B 4E4

(780) 391-3233

Centre Hope Building

4906 49 Ave, Leduc, AB, T9E 6W6

(780) 986-2660

Edmonton Mennonite Centre for Newcomers

3 different locations across Edmonton

(780) 423-9696

*Specialized services for immigrants and newcomers. Translators and transportation are available if needed.

The Family Centre

20, 9912 106 Street, Edmonton, AB, T5K 1C5

(780) 424-6103

Fort Saskatchewan Community Hospital

9401 86 Ave, Fort Saskatchewan, AB, T8L 0C6

(780) 342-2388

Jewish Family Services Edmonton

100- 8702 Meadowlark Road, Edmonton, AB, T5R 5W5

(780) 454-1194

Morinville Provincial Building

10008 107 St., Morinville, AB, T8R 1L3

(780) T8R 1L3

Multicultural Health Brokers Co-Op

9538 107 Ave NW, Edmonton, AB, T5H 0T7

(780) 423-1973

*Specialized mental health services for immigrants

St. Albert Provincial Building

30 Winston Churchill Ave, St. Albert, AB, T8N 3A3

(780) 342-1410

Strathcona Community Hospital

9000 Emerald Drive, Sherwood Park, AB, T8H 0J3

(780) 342-3373

University of Alberta- Faculty of Education Clinical Services

University of Alberta (11210 87 Ave 1-135 Education North Building)

(780) 492-3746

*Services provided by Master's and PhD students

WestView Health Centre

4405 South Park Drive, Stony Plain, AB, T7Z 2M7

(780) 964-8098