

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

## Mental Health Resources for Children and Adolescents (Edmonton + Area)

### Urgent Mental Health Resources

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

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

**Kids Help Phone:** (5-20 year olds): **(1-800) 668-6868** or text CONNECT to **686868** or chat online: <https://kidshelpphone.ca/live-chat/>

**Children's Mental Health Mobile Response Team (MRT): (780) 427-4491** (crisis phone line, plus mobile response for children, youth, and families in crisis)

**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 12:00-4:00PM**

#2020 9499 137 Avenue, Edmonton, AB, T5E 5R8  
(780) 342-2701

#### **St. Albert Clinic**

**Wednesdays ONLY from 12:30-4PM**

30 Sir Winston Churchill Ave, St. Albert,  
AB, T8N 3A3  
(780) 342-1410

#### **Rutherford Health Centre**

**Monday- Friday to 12:00-4:00PM**

Suite 202, 11153 Ellerslie Road, SW, Edmonton, AB, T6W 2701  
(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**

## Sexual Assault Centres

### **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 (Children + Adolescents)

### **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) Children and Adolescent Intake Services: (780) 342-2701**

\*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 families

#### **Boyle McCauley Health Centre**

10628 96 Street NW  
Edmonton, AB, T5H 2J2

**(780) 422-7333 ext.3**

\*Psychology and psychiatry support for treatment of trauma and other mental health concerns

#### **Boyle Street Community Services**

10116 105 Ave NW, Edmonton, AB, T5H 0K2

**(780) 424-4106**

\*Mental health support for youth ages 13 and 17 who are homeless (or have low-income)

#### **CASA**

4 different locations across Edmonton and in Sherwood Park

To get access to their services, follow their intake procedure:

- For intake for children under 5 years, call **(780) 400-2271**
- For intake for children and adolescents over 5 years, call the general AHS intake **(780) 342-2701**

#### **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

**Pride Centre of Edmonton**

2<sup>nd</sup> Floor 10618 105 Ave NW, Edmonton,  
AB, T5H 0L2

**(780) 488-3234**

**Spruce Grove Health Unit**

505 Queen Street, Spruce Grove, AB,  
T7X 2V2

**(780) 342-1370**

**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