

Inkblot Therapy Video Counselling Online

Hours vary.

Online video counselling available to MacEwan students for affordable fee. SAMU coverage allows for up to 10 30-minute sessions, with student responsible for paying \$9+tax per session. Individual and couples counselling is available. Visit <https://inkblottherapy.com/macewan> for details

YWCA Counselling Centre

(780) 970-6501 | 10402 124 st | info@ywcaedm.org

Mon, Wed, Fri 9am-5pm; Tue, Thu 9am-8pm

Offers services for women AND men. Provides crisis intervention, support groups, individual, couple and family counselling services. Sliding fee scale.

City University Edmonton and Calgary Counselling Clinics

Edmonton: (780) 918-8290 | Mon-Sat, 8 am-8 pm (Oct-March) | edmontonvirtualclinic@cityu.edu

Referral form: <http://www.cityuclinic.ca/referral-page.html>

Calgary: Mon-Fri, 10 am-6 pm (year round) | calgaryclinic@cityu.edu | <https://www.cityuniversity.ca/calgary-clinic/>

Sessions offered by master's level counselling students (supervised by registered psychologists), and address a variety of concerns for children (6+), adults, couples, families. Sessions are online or by phone only. No fee.

Faculty of Education Clinical Services, University of Alberta

(780) 492-3746 | 1-135 Education North Bldg.

Mon-Thu 8:30am-8pm; Fri 8:30am-4:30pm;

Sat 9am-5pm (Sept- Apr)

Assessment and counselling services for individuals, families and couples by graduate counselling students. \$50/counselling session, \$750/assessment.

Cornerstone Counselling Centre

(780) 482-6215 | #400, 10230 - 142 Street

Mon-Thu 9am-8:30pm; Fri 9am-4:30pm;

Sat 9am-3:30pm

Offers counselling services aimed at promoting wholeness of life through counselling, education, assessment, and training. All are welcome. Sliding fee scale.

Community Counselling Centre

(780) 482-3711 | #202, 10534 - 124 Street

Mon-Sat 9am-9pm

Provides individual, family, and couples counselling. Short, medium, and long-term counselling options available. Sliding fee scale of \$30-150/hour.

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

The Family Centre

(780) 424-5580 | #20, 9912 - 106 Street

Mon-Thu 8:30am-8pm; Fri 8:30am-4 pm; Sat 9am-4pm

Provides individual, couple, family, and group counselling. First session free. Sliding fee scale for follow-up sessions. Free drop-in counselling also available. <http://www.dropinyeg.ca/home/>

Insight Psychological Services

(780) 461-1717 | #300, 10722-103 Avenue

Mon-Fri 8am-9pm; Sat-Sun 9am-5pm

Offers counselling services to individuals, couples, and families. Subsidized fees may be available to MacEwan students.

Access Open Minds Clinic

(780) 887-9781 | 6th Floor, 9942 108 Street NW

Mon-Fri 12-5 pm

Walk-in clinic for youth (age 16-25) seeking addiction and mental health supports. No appointment necessary.

Catholic Social Services – Mercy Counselling

(780) 391-3233 | 7128 Ada Blvd, Concordia University
Daytime, evening, and limited weekend appts available.

Offers programs to people of ALL faiths and cultures. Provides counselling for individuals, couples and families in English, French, and Spanish. Call for telephone intake. Sliding fee scale.

Jewish Family Services – Integrity Counselling

(780) 454-1194 | #104, 15023 123 Ave

Mon-Fri 9am-5pm. After hours appointments may be arranged.

Offers support services, including counselling, referral, advocacy, relief, and bereavement support to individuals and families. All are welcome. Sliding fee scale.

Edmonton Mennonite Centre for Newcomers

(780) 424-7709 | 3 locations: 11713- 82 St., 10035 156 St, 10170- 112 St.

Mon-Fri 8:30 am-4:30 pm (evening appointments available)

Free counselling for newcomers (and children of immigrants) to Canada and refugees. Yoga and mindfulness groups, and equine therapy offered.

<https://emcn.ab.ca/program/therapeutic-counselling-services/>

Sexual Assault Centre of Edmonton

(780) 423-4102 | #300, 10339 124 St,

Mon-Thu 9am-5pm

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

Pilgrim's Hospice Society

(780) 413-9801 | 9808 148 St.

Mon-Fri 8:30-4:30 pm

Offers bereavement counselling (individual and groups) to assist individuals in processing their grief. No fee, but donations are appreciated.

The Africa Centre

(780) 455-5423 | Suite 106 6770-129

Ave | counselling@afriacentre.ca

Mon-Fri 9 am-5pm

Free counselling and employment support by psychologists and social workers through the Alberta Black Therapists Network for children, adults & families who are part of the black community.

<https://www.afriacentre.ca/counselling>

Indigenous Psychological Services

(587)594-9855 | #104, 17510 102 Avenue

Mon-Fri 9 am-9 pm

Offers counselling services for all populations in Alberta, including but not limited to indigenous individuals. Free consult is available to set up FNIHB or IRS funding for eligible clients. Sliding fee scale offered with supervised Master of Counselling students at \$50-70/hour.

<https://www.indigenouspsychologicalservices.com/>

AHS Addictions and Mental Health (formerly AADAC)

(780) 427-2736 | 2nd floor, 10010 102A Avenue

Walk in intakes on Mon, Tue, Thu, Fri 8am-3pm; Wed 8am-12pm

Short-term adult treatment services include individual, family and group counselling for those with alcohol, other drug or gambling concerns. Intake available on drop-in basis. No fee.

Alberta Wellness Centre for Eating Disorders

780-977-7062 | 3 Locations: #620 10055 106 St NW

(Downtown), 2715 Ellwood Dr SW (South), 10470 Mayfield Rd NW (West)

Mon-Fri 9 am-8 pm; Sat 9 am-5 pm

Provides comprehensive treatment to clients with eating disorders and their loved ones. Services include: counselling, dietician support, yoga, & medical support. Individual, couples and family therapy is available. <https://albertawellnessed.com>

Grow The Life Counselling

(403) 612-1903 | hello@growthelife.com

Provides pay-what-you-can counselling and assessment to Albertans. <https://www.growthelife.com/>

WALK-IN/SINGLE SESSION COUNSELLING SERVICES

Drop-in YEG Single Session Counselling

(780) 424-6103 | <http://www.dropinyeg.ca/home/>

Various locations in Edmonton Day/evening appointments available throughout the week.

Provides free drop-in counselling for individuals, couples, and families. Available on a first-come first-served basis.

Rapid Access Counselling

1-877-244-2360 | book online: <https://www.racalberta.ca/>

Mon-Thu 9am-5pm, Fri 8:30am-4:30pm

Free online single session counselling offered through Catholic Family Services.

Momentum Counselling Society

(780) 757-0900 #706 | 5241 Calgary Trail NW

Mon-Wed 11am-7 pm; Thu 10am-5pm; Fri 10am-2pm

Provides walk-in counselling for individuals, couples, and families. Phone for availability. Sliding fee scale.

Kickstand

kickstand.ca | online appts only | hello@mykickstand.ca

Hours vary.

Provides free single-session same day counselling for mental health and substance use concerns. Offers peer support, employment services, and groups & workshops on disordered eating, cannabis use, & relationship violence.

MACEWAN UNIVERSITY STUDENT SERVICES

Peer Support Centre

(780) 497-4776 | SApeersupport@macewan.ca | SA- 223

(SAMU building)

Offers confidential and non-judgmental supportive listening or crisis intervention by phone, online chat, video, or walk-in.

Access and Disability Resources

(780) 497-5886 | myaccess@macewan.ca | Room 7-198

Serves students with conditions affecting mobility, vision, hearing, learning, and physical or mental health.

kihêw waciston Indigenous Centre

(780) 497-5382 | kw@macewan.ca | Room 9-115
Offers many programs/services for indigenous students.

Careers & Experience

(780) 633-3512 | mycareer@macewan.ca | Room 7-121
Resources for career planning, volunteering, and work-integrated learning.

Office of Sexual Violence, Prevention, Education and Response

(780) 497-4365 | osvper@macewan.ca | Room 6-213
Provides confidential support, education, and resources to any students impacted by sexual violence.

Office of the University Registrar

(780) 497-5000 | info@macewan.ca | Room 7-110 (Main floor, building 7)
Help with student loans, bursaries & financial planning.

MacEwan International

(780) 497-5397 | international@macewan.ca | Room 7-105
International student services and study abroad programming.

MacEwan University Health Centre

(780) 250-6842 | 10507 109 St NW
Medical services for students by appointment.

Centre for Gender and Sexual Diversity

(780) 497-4363 | csgd@macewan.ca | Roundhouse, 11-888, Allard Hall
Supports all members of the MacEwan community with questions about sexual and gender minority issues and is devoted to bringing visibility to the LGBTQ2S+ community.

CRISIS LINES & ONLINE CRISIS CHAT

24-Hour Distress Line

CMHA (780) 482-4357 (HELP)
24-hr phone line for providing confidential listening and support for those in crisis or distress.

Sexual Assault Centre of Edmonton

(780) 423-4121 (9am-9pm)
Crisis line for survivors of past and current sexual assault. For 24/7 support, contact The Central Alberta Sexual Assault Centre for phone/text support at 1-866-956-1099.

First Nations & Inuit Hope for Wellness Help Line

1 (855) 242-3310
24-hr phone line for providing confidential listening and support for First Nations and Inuit individuals. Online chat available at hopeforwellness.ca

Crisis Services Canada

Phone: 1 (833) 456-4566 (Available 24/7)
Chat: <http://www.crisisservicescanada.ca/en/> (2 pm-10 pm)
Text: 45645 (2 pm-10 pm)
Phone support, online chat, or text for those in distress.

CMHA Online Crisis Chat

<https://edmonton.cmha.ca/programs-services/online-crisis-chat/> | Available weeknights 6pm-10pm, weekends 12pm-4pm

9-8-8 Suicide Crisis Helpline

9-8-8 (call or text)
A suicide crisis helpline that is available 24/7 to anyone across Canada.

YouthSpace Online Crisis Chat

<http://youthspace.ca/chat>
For individuals under age 30. **Available 7pm-1am daily**

AHS Addictions Helpline (formerly AADAC)

1 (866) 332-2322
24-hr crisis line dealing with alcohol, drugs, gambling and tobacco; provides information and referral to programs and services.

Narcotics Anonymous

(780) 421-4429
24-hr helpline that offers individuals who use substances a way to live drug-free through a 12-step support program.

Trans Lifeline

(877) 330-6366
A 24-hr hotline offering emotional and financial support to trans people in crisis. Operators are trans/nonbinary.

Lurana Shelter

(780) 424-5875
24-hr crisis line for women with or without children who are victims of domestic violence or threat of abuse.

Distress Centre Online Crisis Chat

<http://www.distresscentre.com/>
Available 24/7

Wellness Together Canada Crisis Chat

Phone: 1 (866) 585-0445
Text: WELLNESS to 741741
Available 24/7

Edmonton Women's Shelter (WIN House)

(780) 479-0058

24-hr crisis line for women who are abused or under the threat of abuse.

Kids Kottage Foundation

(780) 944-2888

24 hr crisis line that parents may access for help and support when distress or crisis threatens the safety and well being of their children.

URGENT/SEVERE MENTAL HEALTH NEEDS

University of Alberta Hospital Psychiatric Treatment Clinic

(780) 407-6172 | 8440 - 112 Street
Mon-Thu 5-9 pm, Fri 5-6:10 pm

Provides free assessment and group therapy to individuals requiring support with interpersonal, occupational and social functioning. Evening treatment program includes group treatment 4.5 days/week for 18 weeks. Individuals must be a student, working, or volunteering 20+ hours/week to attend. Individuals receive psychiatric oversight throughout the program. New clients can self-refer.

Edmonton Community Mental Health Clinic

(780) 342-7700 | 3rd Floor, 9942 - 108 Street

Provides services to adults suffering from chronic or severe mental illness. Clients receive clinic services including psychiatric consultation, assessment, therapy and medication support. Walk-ins welcome, but appointments are preferred.

Addiction & Mental Health Access 24/7

(780) 424-2424 | 13211 Fort Rd NW

Provides services to adults seeking support with mental health and/or addiction concerns. Clinicians conduct triage, screening and assessment in order to match an individual to appropriate services and programs. Services are available as walk-in appointments and over the phone, and available 24/7.

Formerly known as Community Urgent Services Stabilization Team, Access 24/7 continues to provide crisis services over the phone or in person in which a mental health team that may go on location (e.g., to your home) to assess and stabilize a crisis situation (e.g. suicidal 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.

In the case of life threatening emergencies, please call 911 or proceed directly to the Emergency Department of the nearest hospital.

FOR OTHER INFORMATION/REFERRALS

211 Edmonton

211 or (780) 482-4636 | www.211edmonton.com

AHS Mental Health Help Line

1-877-303-2642

Health Link Alberta

811 OR 1-866-408-LINK (5465)

Medication and Herbal Advice Line

1-800-332-1414

* Your Own Health Plan – Counselling may be covered under your or a family member's EAP health plan. The Students Association of MacEwan University Health Plan subsidizes costs for a psychologist or social worker visit. Learn more about coverage options at **Psychologists' Association of Alberta Referral Service** (780-424-0294)