

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.

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.

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

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

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.

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.

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.