LIST OF RESOURCES

Where can I go for help?

Campus Free Services:

University of Alberta Sexual Assault Centre
Phone: 780-492-9771
Location: 2-705 SUB, University of Alberta
Webpage: www.sac.ualberta.ca

The University of Alberta Sexual Assault Centre provides a safe place on campus where unconditional support, confidentiality, respect and advocacy are available for those affected by sexual assault. The Sexual Assault Centre strives for a campus community free of sexual violence. The Sexual Assault Centre offers services for survivors of sexual assault or stalking and their supporters regardless of gender.

University of Alberta Counselling and Clinical Services
Phone: 780-492-5205

Location: 2-600 SUB, University of Alberta
Webpage: www.mentalhealth.ualberta.ca

Provides high quality, accessible and compassionate psychological and psychiatric services to students to improve their personal, social, and academic well-being. Provides not only individual counselling, but couple, family, group therapy, and walk-in workshops.

Peer Support Centre
Phone: 780-492-HELP (4357) (Primary)
780-492-4268 (Administration line)
Location: 2-707 SUB, University of Alberta
Webpage: www.su.ualberta.ca/services/psc/

The Student Support Centre is operated by student volunteers who are all trained to provide telephone, appointment or drop-in crisis intervention, suicide prevention, and supportive listening.

Institute for Sexual Minority Studies and Services (IsMSS)
Phone: 780-492-0772
Location: 7-104 Education North, University of Alberta
Webpage: www.ismss.ualberta.ca

The Institute for Sexual Minority Studies and Services at the University of Alberta leads research that changes attitudes, and delivers services that change lives. Services include: educational outreach from workshops to Safe Spaces on campus, The Family Resilience project that provides professional support, resources and counselling to children, youth and their families.

Community Social Work Team
Phone: 780-492-3342
Email: cswwteam@ualberta.ca

Telephone/24 hour Services:
24/7 Crisis Diversion Team
Phone: 211

Connects individuals to a full range of essential services like basic needs, parenting support, health care, and others.
Crisis Intervention and suicide support.

**Adult Mental Health Crisis Response Services (24/7)**
Phone: 780-342-7777

Available to individuals, family members, concerned others and community agencies dealing with emotional or psychiatric crisis. Will provide telephone and/or mobile assessment, intervention and stabilization. Provides consultation/coordination with community agencies and hospitals. Connects clients to mental health resources.

**Trans Lifeline**
Phone: 1-877-565-8860
Webpage: www.translifeline.org

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While the goal is to prevent self-harm, Trans Lifeline welcomes the call of any transgender person in need. We will do our very best to connect them with services that can help them meet that need. If you are not sure whether you should call or not, then please call.

**Community Urgent Services and Stabilization Team (Adult) (24/7)**
Phone: 780-342-7777
Webpage: www.albertahealthservices.ca

Available to individuals, family members, concerned others and community agencies dealing with emotional or psychiatric crisis. Will provide telephone and/or mobile assessment, intervention and stabilization. Provides consultation/coordination with community agencies and hospitals. Connects clients to mental health resources.

**Kid’s Help Phone (24/7)**
Phone: 1-800-668-6868
Webpage: www.kidshelpphone.ca

Provides, live chat by phone counselling, web counselling for ages 20 and under. It is free, confidential and anonymous.

**The Support Network-Crisis Support Centre**
Phone: 780-482-4357
Webpage: www.crisissupportcentre.com

**Children’s Mental Health Crisis Line**
Phone: 780-427-4491

**Connecteen**
Phone: 403-264-8336 (24/7)
Text: 587-333-2724 (Evenings/Weekends)
Online Chat: calgaryconnecteen.com

Confidential peer support for youth.

**Salvation Army Community & Family Centers**
Hope Line: 780-424-9223
Other Relevant Resources:

Addiction Helpline, Alberta Health Services
Phone: 1-866-332-2322 (24 hours), across Alberta

The Addiction Helpline is a toll free confidential service that provides alcohol, tobacco, other drugs, and problem gambling support, as well as information and referral to services. The Addiction Helpline operates 24 hour a day, seven days a week and is available to all Albertans. Interpreter Services are available in 180 languages.

Addiction Services - Adult Counseling
Phone: 780-427-2736
Webpage: www.albertahealthservices.ca

Alberta Health Services short-term adult outpatient treatment services include individual, family and group counselling for those with alcohol, other drug or gambling concerns (free and confidential).

Addiction and Mental Health Intake
Phone: 780-342-7600

Referrals to community mental health and addictions services.

Alcoholics Anonymous (throughout Edmonton and surrounding areas)
Phone: 780-424-5900 (24 hours)
Webpage: http://edmontonaan.org/

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Sexual Addicts Anonymous (Edmonton)
Phone: 587-921-4528
Website: https://www.saa-edmonton.ca/contact-us/

Sex Addicts Anonymous is a fellowship of men and women who share their experiences for the purpose of finding freedom from addictive sexual behavior and helping others recover from sex addiction. Local meetings offer an accepting, non-threatening environment for sharing common struggles and learning how to apply the principles of the Twelve Steps. The only requirement for membership is a desire to stop addictive sexual behavior. There are no fees or dues.

Edmonton Grief Therapists
Webpage:

Canadian Mental Health Association – Edmonton & Area
Webpage: https://edmonton.cmha.ca

Applied Suicide Intervention Skills Training (ASIST), Community Resources, Drop-In Counselling, and many other services to aid mental health.
Boyle Street Community Services  
Address: 10116 – 105 Avenue NW Edmonton, AB  
Phone: 780-424-4106

Drop in counselling and addiction/mental health services.

Boyle McCauley Health Centre, Mental Health Services  
Address: 10628 – 96 Street NW Edmonton, AB  
Phone: 780-422-7333 ext. 238

Counseling, crisis intervention, assessments, referrals for mental health services.

CASA Child, Adolescent and Family Mental Health  
Phone: 780-400-2270  
Address: 406 Peace Hills Trust Tower 10011 109 Street NW Edmonton, AB  
Website: https://www.casaservices.org

Provides mental health services for infants, children, adolescents and their families within Alberta at multiple locations.

Edmonton CSATs (Certified Sex Addiction Therapists)  
Website: https://therapists.psychologytoday.com/rms

Enter your preferred city to find therapists in your area, and then you can use the side bar to specify sexual addiction, or any type of therapy you are in need of.

If you would like a referral to a CSAT, you can email: addgenes@ualberta.ca

Edmonton Mennonite Centre for Newcomers  
Phone: 780-424-7709  
Address: 11713 – 82 Street NW Edmonton, AB  
Website: http://emcn.ab.ca/

Language, settlement, employment and community programs for newcomers to Canada.

The Family Centre  
Phone: 780-423-2831  
Website: https://www.thefamily-centre.com/

Provides workshops, support services, therapy and other services to families in the Edmonton area.

Momentum Walk In Counselling  
Phone: 780-757-0900  
Walk-In Counselling: Suite 200 9562 82 Avenue Edmonton, AB

Drop in counselling, workshops, group therapy. Sliding scale cost based on income.

Pride Centre of Edmonton, Youth Space  
Phone: 780-488-3234  
Pride Centre: 10608 105 Avenue Edmonton, AB  
Email: youth@pridecentreofedmonton.org

University of Alberta, Department of Educational Psychology  
Phone: 780-492-3746  
Website: http://www.edpsychology.ualberta.ca/en/CentresAndInstitutes/ClinicalServices.aspx

Counselling and assessment services with professionally trained graduate students. Check website for hours and fees
Local Free Services:

Health Link/Mental Health Line (24/7)
Phone: 780-408-5465 (408-LINK), 1-866-408-5465, 1-877-303-2642 (Mental Health Line, same line as Health Link)

Government telephone service with Registered Nurses on the other end. Interpreters are available for anyone who requests to communicate in any other language than English. It serves two purposes: to have a Nurse that you can call if you are experiencing symptoms and would like to be assessed to receive advice (whether it’s go to the hospital immediately or take some Advil and book an appointment with your family doctor as soon as possible), and to provide any information related to health for the Edmonton area.

City of Edmonton Assessment and Short-Term Counselling
Phone: 780-496-4777
Webpage: www.edmonton.ca

Speak privately with a professional social worker on various concerns such as daily life stressors, problems with family, parenting stress, abuse or violence in the family. Also help with referring people to appropriate resources around housing, financial resources and many other community resources.

Community Mental Health Clinic
Phone: 780-342-7700
Webpage: www.albertahealthservices.ca

Provides services to adults suffering from chronic or severe mental illness, using a continuum of services to improve the length and quality of a client’s tenure in the community. Clients are connected with their communities and are helped to make positive use of available resources to meet their housing, employment, health and leisure needs. Clients receive clinical services, including psychiatric consultation, assessment and medication support. Appointments are recommended.

Self-Intervention Online Tools:

Disclaimer: Please note that the resources we suggest below are neither affiliated with our research team nor the University of Alberta. Therefore, your personal and medical information that you may be providing through the use of these tools will never be disclosed to us (nor will the study team be making any contact with you based on any responses to make to, for example, the SBIRTs).

- Evolution Health (SBIRTs): http://www.evolutionhs.com/solutions.html
- Canadian Network for Mood and Anxiety Treatments: www.canmat.org
- Canadian Mental Health Association: www.cmha.ca
- The Canadian ADHD Resource Alliance: https://www.caddra.ca/
- Mood Disorders Society of Canada: https://mdsc.ca
- Bounce Back For Adults and Youth: www.bouncebackonline.ca
- Living Life to the Full (consists of eight 90-minute training sessions): http://www.livinglifetothefull.ca/
- Online Mindfulness Based Stress Reduction: many of these exist, for example https://palousemindfulness.com/
- Mood Gym Training Program (Learn cognitive behavior therapy skills for preventing and coping with depression): http://www.moodgym.anu.edu.au