

Mental Health Resources & Crisis Support Lines

Recovery Alberta, Addictions & Mental Health

- 780-342-2701
- Short-term Counseling
- Must have a mental health concern. (e) anxiety, depression, etc...

Rutherford Walk in Mental Health Clinic

- Free service
- This service offers Solution-Focused therapy to children, youth and their parent/guardian who want to initiate change
- A therapist will assist the client to talk about a specific issue and explore solutions
- Referrals to other community services may be offered
- 12:30-4:00
- Phone ahead to see how busy the clinic is and whether or not they are closed due to capacity
- #202, 11153 Ellerslie Road
- 780-342-6850

AHS Leduc Mental Health

- 780-986-2660 (Adult intake)

Aboriginal Psychological Services & Indigenous Psychological Services

- <https://www.aboriginalpsychologicalservices.com/>
- a collaboration of culturally informed Psychologists, Counsellors, and Knowledge Keepers that provide quality services towards the counseling process.
- Traditional principles of kinship help to support one another as well as support clients.

First Nations and Inuit Hope for Wellness Help Line (24 hrs/7 days)

- Culturally focused counseling, in English, French and upon request in Cree, Ojibway, and Inuktitut
- 1-855-242-3310

Trans Life Line

Peer support by trans people for trans and questioning callers
1-877-330-6366

Inclusive Counseling & Consulting Psychological Services Inc.

- provides individual therapy (for children, youth, adults, and seniors), couples therapy, and family therapy.
- We specialize in supporting sexual and gender minority (LGBTQ) children, youth and families. Address: #204, 10339 124 St Edmonton,
- Phone: 780-424-0783
- Email: iccpyschservices@gmail.com
- Website: www.iccpysch.com

Leduc Family Community Support Services (FCSS)

www.leduc.ca/City_Government/Departments/Family_and_Community_Support_Services/Counselling.htm

- 780-980 7109
- Subsidized Counselling
- Short-term Counselling
- FCSS will assist those with a household income of \$75,000 or less. Utilizing local counselling agencies.

Leduc County Family Community Support Services

https://www.leduc-county.com/en/living-here/community-and-family-support.aspx?_mid_=13209

- 7809556424
- Subsidized Counselling
- Short-term Counselling
- FCSS will assist those with a household income of \$75,000 or less.

Family Supports for Children with Disabilities (FCSD)

humanservices.alberta.ca/disability-services/14855.html

- 780-427-4354
- Counseling can be requested if families are on a contract with FCSD
- Online application
- FCSD can also assist with in-home support, respite, etc...
- School MHCB Coaches can assist parents in filling out the application form.

The Family Centre (Edmonton) 780-497-7536

www.the-family-centre.com/

- Sliding Scale and subsidized counselling are available
- Short-term Counseling
- Workshops: parenting (variety of child ages and for blended families), Anger management, self-esteem, couples communication

- Translation & Interpretation services

Sexual Assault Centre of Edmonton (SACE) (Edmonton)

<https://www.sace.ab.ca/>

- 780-423-4102
- Free
- Short-term (no more than 15 sessions)
- Individual and group programs available
- Trauma experts
- Play and movement therapy options

Canadian Mental Health Association (CMHA) (Edmonton) 780-414-6300

<https://edmonton.cmha.ca/programs-services/drop-in-single-session-counselling/>

- Offer drop-in Counseling
- Free of cost
- Some evening hours
- **Distress Line Available: 780 482 4357**
- Online Crisis Chat (specific hours):
<https://edmonton.cmha.ca/programs-services/online-crisis-chat/>

ACESO (Leduc) 780 986 8770

<http://www.acesomedical.ca/mental-health-services>

- 780 986 8770
- Psychiatrist, psychologist or Behavioral Consultant Services
- Behavioral Consultant & Psychologist is free, up to 4 times per concern (short-term).
- A psychiatrist is not free – but does direct bill to benefits.
- Parents call to set-up an appt.

Family Counseling Center (Leduc)

<https://familycounsellingcentres.com/about/general>

- 7806128577
- Sliding scale (fee based on income)
- Offer workshops/groups (not subsidized)
- Equine Therapy, Play therapy, Art therapy, Emotional & Behavioral and Cognitive Function Assessments

- FCSS can provide a subsidy
- The Family Violence Prevention Team will pay the outstanding fee from subsidy if parent or child has experienced/witnessed violence

Karunia (Leduc) 587-274-3939

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

- Partners with FCSS (subsidy)
- Offer online sessions
- Offer free courses (with a \$20 deposit to hold spot)
- Psychoeducational and Emotional & Behavioural Assessments
- Mediation services
- Free group sessions on a variety of topics

Mental Health Helpline

1 800 303 2642

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

-24hrs a day

-7 days a week

First Nations and Inuit Hope for Wellness Help Line

<https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

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

Suicide Prevention: 1 833 456 4566 or text 45645

<https://www.crisisservicescanada.ca/en/>

Support Network (all ages): 211

<https://www.ab.211.ca/>

Rutherford Clinic - Walk In Support

<https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1023002>

Northgate Centre - Walk In Support

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1001856&serviceAtFacilityID=1049807>

Adult Mental Health Support

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

AHS Addictions and Mental Health

Intake Line 780-342-2701

Family violence supports 310-1818

<https://www.alberta.ca/family-violence-find-supports.aspx#toc-0>

<https://togetherall.com/en-ca/>

This is a peer to peer 24hr connection for people who need someone to talk to. It was developed by AHS out of the need for mental health supports during the pandemic. It is not a crisis support line.

Healthlink - 811 to talk to a nurse

Other Resources

Kids Help Phone

Kids Help Phone:
1-800-668-6868 or text CONNECT to 686868

<https://kidshelpphone.ca/>

<https://kidshelpphone.ca/call>

Alberta Health Services 24/7 Mental Health Help Line

- Phone: 877 303 2642 (toll free)

Canadian Mental Health Distress Line

- 780 482 4357

Health Link

- 811

Leduc Victim Services

<http://www.leducvictimservices.ca/?content/resources.html>

780-980-7232

A variety of resources available for crisis situations and post-crisis care

211 Edmonton

www.211edmonton.com/resources.html

Directory of available resources in the Edmonton area (ex. housing, counseling, financial, legal)

<https://mykickstand.ca/>

Online Peer to Peer Support (Youth & Adult)

<https://togetherall.com/en-ca/>

<https://alberta.cmha.ca/togetherall-virtual-mental-health/>

Mental Health Resource For Educators (M.O.R.E.)

<https://more.hmhc.ca/>

APPS

Mindyourmind <https://mindyourmind.ca/interactives/thinkfull>

Apps

These apps all focus on mindfulness, stress reduction and everyday mental health support and tips. These apps are all free but some also have a paid option to access additional content

- [Booster Buddy](#) - Made by Vancouver Island Health, this app is designed to help establish and sustain positive wellness habits and earn achievements along the way.
- [InsightTimer](#) - In addition to meditation available in several languages, this app provides yoga, live events and the ability to take paid courses on various subjects.
- [Stop, Breathe & Think](#) - This app will ask you specific questions then identify a meditation based on how you feel.
- [Smiling Mind](#) - Designed for all ages, this app features hundreds of meditations organized into categories like mindful foundations, sleep, relationships, and workplace.
- [UCLA Mindful](#) - Built by the Mindful Awareness Research Center at UCLA, the app offers different meditations, working through difficult emotions and cultivating loving-kindness.
- [Calm](#) - This app has a 7-day program that makes it the ideal meditation app for beginners but also includes program for more advanced users.
- [Aura](#) - Similar to Stop, Breathe & Think, Aura learns about you by asking questions. You then receive a daily three-minute mindfulness meditation based on your answers.
- [Headspace](#) - The free version of the app includes meditations and exercises that will teach you the essentials of meditation and mindfulness.
- [Mindshift](#) - Developed by Anxiety Canada the app is designed specifically for anxiety and addresses worry, panic, perfectionism, social anxiety, and phobias.

- [Healthy Minds](#) - This problem-solving tool by The Royal helps you deal with emotions and cope with stresses students encounter both on and off campus.
- [Mindyourmind](#)

Additional Information, Resources, Tools and Articles

These additional sites can help you navigate other aspects of wellness - from suicide prevention to body image to empowering gender diverse young people.

1. [Indigenous Youth Suicide Prevention by the Government of Alberta](#) - **This site includes helpful, accessible information on suicide prevention and a chat service in Cree, Ojibway and Inuktitut**
2. [Kids Help Phone Articles & Resources Around Me](#) - **Advice and information about how to get help or help someone who might be in crisis.**
3. [Children Mental Health Learning Series](#) - **This Government of Alberta site provides mental health resources to help caregivers, families and professionals support children and youth.**
4. [mindyourmind](#) - **An Ontario-based resource that works with young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.**
5. [TeenMentalHealth](#) - **Powered by Alberta Health Services, this site provides resources for educators, health professionals, parents, and friends of teens who may be struggling.**
6. [Wellness Together Canada](#) - **A mental health and substance use website to support people across Canada and Canadians living abroad in both official languages.**
7. [Skipping Stone](#) - **This Alberta-based resource connects trans and gender diverse youth, adults and families with a comprehensive and low barrier access to support.**
8. **Learn about a Healthy Body Image at [MyHealth.Alberta.ca](#) - A Government of Alberta site that helps young people understand and negotiate a healthy body image.**