

NEED HELP FOR MENTAL HEALTH?

Resources for: EDMONTON, AB

Are you in a crisis that is life threatening?

CALL 911

For emergencies (ambulance, fire and police)

Are you thinking about suicide, or worried about someone you know?

CALL OR TEXT 988

To talk to a crisis responder

Do you need immediate or supportive access to adult addiction and mental health community based programs?

CALL 780.424.2424

For Alberta Health Services (AHS) adult addiction and mental health access 24/7

Do you need to talk to someone right now?

CALL OR TEXT 211

or the Distress Line: 780.482.4357 (HELP)
or AHS Mental Health Helpline: 1.877.303.2642

Are you looking for immediate support or walk-in counseling today?

CALL OR TEXT 211

or visit www.dropinyeg.ca
or visit www.momentumcounselling.org

Do you want information about community support services available in your area?

CALL OR TEXT 211

or visit ab.211.ca to chat and search for resources

Do you have general questions about mental health or addiction?

CALL 811

For AHS Health Link to speak with a registered nurse