

Mental Health Support Information

Emergency Mental Health Concerns – Stollery Children’s Hospital or local ER	911
Stollery Children’s Hospital Crisis Line/Services	780-427-4491
Text4Hope (COVID-19 Support Resource)	Text: ‘COVID19HOPE’ to 393939
Mental Health Distress Line (24/7) (Canadian Mental Health Association)	780-482-4357
Kids Help Phone	Phone: 1-800-668-6868 Text: “CONNECT” to 686868 Chat Online: https://kidshelpphone.ca/

<u>Counselling Supports</u>	
Mental Health Helpline	1-877-303-2642
Addiction Services Helpline	1-866-332-2322
<u>Intake Services</u> (Connects you to an AHS Mental Health Clinic in St. Albert & Morinville)	
Access 24/7 (18+)	780-424-2424
Addiction & Mental Health Youth <u>Child & Adolescent</u> (Northgate)	780-342-2701
<p>Walk-In Counselling Services (AHS) FREE 50-minute, solution-focused, single therapy session on a first-come, first-serve basis. Available to children and youth ages 6-17 Monday to Friday 12:30 – 4:00 PM. (Last client seen at 3:00pm)</p>	<p>St. Albert Clinic: St. Albert Provincial Building, 30 Sir Winston Churchill Avenue, St Albert Phone: 780 342-1410</p> <p>Northgate Clinic: 9499 137 Avenue Phone: 780 342-2700</p> <p>Rutherford Health Centre: #202, 11153 Ellerslie Road Phone: 780 342-6850</p>

AHS Addiction Services Mobile Unit GSACRD Counsellor: Sara Heitzman	780-422-7383
Primary Care Network	780-997-0046
FCSS Family and Community Support Services	St. Albert – 780-459-1756 Morinville – 780-939-7833 Redwater 780-992-6267 Gibbons 780-923-3331 Bon Accord – 780-921-3550
CASA Child, Adolescent, and Family Mental Health	www.casaservices.org
Private Psychologists in your area	www.psychologistsassociation.ab.ca www.psychologytoday.com/ca
Hope for Wellness Helpline (First Nations/Inuit)	1-855-242-3310
Legal Aid Alberta	780-427-7575