

Resource Sheet

Here are a few pertinent resources for you to access if you should have the need.

Name	Description	Contact Information
Distress Line	A 24/7 free, confidential, non-judgmental crisis intervention support provided by the Canadian Mental Health Association.	780-482-4357 (HELP)
Crisis Text Line	Free, 24/7 text-based support with trained crisis responders by Kids Help Phone.	Text "HOME" to 686868
Alberta Health Services	Canada's first and largest province-wide, fully-integrated health system.	Alberta Health Services Corporate Office Seventh Street Plaza 14th Floor, North Tower 10030 – 107 Street NW Edmonton, Alberta T5J 3E4 Phone: 780-342-2000
University of Alberta Counselling & Clinical Services	Psychological treatment services available to students at the University of Alberta.	#2-600 Student's Union Building 8900 114 St NW, Edmonton, AB T6G 2S4 Phone: 780-492-5205
Insight Psychological	Psychologists located in downtown Edmonton with a focus on serving students.	#300, 10722 – 103 Avenue NW, Edmonton, AB T5J 5G7 Phone: 587-635-2428
Momentum Walk-In Counselling	Nonprofit mental health counselling agency staffed by registered health professional volunteers.	#706, 5241 Calgary Trail NW Edmonton, AB T6H 5G8 Phone: 780-757-0900