

FREE MENTAL HEALTH SUPPORTS AND HELPLINES:

Mental Health Helpline	1-877-303-2642	https://alberta.cmha.ca/
Addiction and Mental Health Information and Referral	1-888-594-0211	https://www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14065
Athabasca Mental Health	780-675-5404	https://www.albertahealthservices.ca/amh/page16759.aspx
Alberta Addictions Helpline	1-866-332-2322	https://www.albertahealthservices.ca/amh/amh.aspx
Rural Distress Line	1-800-232-7288	https://www.camh.ca/
Crisis Text Line Alberta	Text CONNECT to 741741	
Alberta information and referrals	211 or Health Link 811	
Hope for Wellness Helpline (First Nations and Inuit)	1-855-242-3310	
Canada Suicide Prevention Service (Talk Suicide Canada)	1-833-456-4566 or text 45645(evenings)	
Canada Suicide Crisis Helpline (Call or Text)	988	
Emergencies	911	

Mental health and substance use support. Free and virtual, 24/7.

1-866-585-0445

WELLNESS TOGETHER
Canada

Mental Health and
Substance Use Support

<https://www.wellnesstogether.ca/en-ca/>

Single session counselling for caregivers with children under the age of 18, or for youth and children under the age of 18 (with guardian consent).

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

Booking: <https://rac.janeapp.com>

1-877-244-2360

**Rapid access
counselling**

Free single-session counselling to all Albertans



24/7 e-mental health service offering free, confidential support to young people in English and French.

1-800-668-6868

Text: 686868

<https://kidshelpphone.ca>

KIDS HELP PHONE



Virtual counselling across Alberta, with a sliding scale fee.

1-833-827-4230

<https://www.counsellingalberta.com/coun>

**counselling
ALBERTA**

Online counselling provided by graduate students from accredited University Counselling programs. Fees are \$50 or Pay What You Can.

1-800-716-6846 or email info@counsellingsupport.ca



EaseCare

Free, virtual, mental health access to

Physicians, Counsellors, and Psychiatrists.

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

587-323-8646

Free, in-person counselling open to youth, adults, seniors. By appointment in Athabasca Saturdays

780-674-9366 or togethertalkcounselling@gmail.com

or virtual: <https://togethertalk.noustalk.com/login>



Together Talk

Support for young people (ages 12-25) with in-person (various locations) and virtual services and resources.

<https://mykickstand.ca/connect/> Mental Health and Substance use

kickstand



Counselling, Groups/Workshops
Peer support, Employment Serv.



★ (Some locations)

CityUniversity
EDMONTON Counselling Clinic

Free virtual counselling sessions provided by Master of Counselling Internship Students in their final year of the program under the supervision of a Registered Psychologist

<https://clinics.cityuniversity.ca/edmonton/>

October 1 - March 31

Open 6 pm - midnight PST free online crisis & emotional support chat service for youth under 30. **Text 778-783-0177**

<https://youthspace.ca/>

youthspace.ca



Text4Hope a free service providing 3 months of daily text messages written by mental health therapists. Other supports available. <https://mentalhealthfoundation.ca/2023/01/22/text4hope/>

All services listed are virtual unless otherwise indicated.



- Service is specific to youth



- In-person service