

MENTAL HEALTH

HELP LINES & SUPPORT

SERVICE

CONTACT

RECOVERY ALBERTA

Addiction Helpline (Urgent 24/7 Helpline) 1-866-332-2322

Mental Health Help Line (Urgent 24/7 Helpline) 1-877-303-2642

Central Zone Alberta: Access Addiction & Mental Health (Non Urgent Support) 1-888-594-0211

Edmonton & Area Zone: Access Addiction & Mental Health (Urgent & Non Urgent) 1-780-424-2424

Services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization

Vegreville Mental Health Walk-In-Clinic 780-632-2714

Suicide Crisis Helpline: Call or Text 9-8-8

Hope for Wellness - Indigenous Support 1-855-242-3310

Kalyna Country PCN, Community Supports Navigator 780-632-2091

Kids Help Phone 1-800-668-6868

Brite Line: 2SLGBTQIA+ Support Line 1-844-702-7483

Edmonton's first mental health and wellness helpline

Mental Health Capacity Building (MHCB) Vegreville 780-218-5844

Rural Distress Line 1-800-232-7288

Rapid Access Counselling 1-877-244-2360

Veg Al-Drug Society 780-632-6617

Kids Help Phone - Distress text service Text "CONNECT" to 686868

Distress Line (CMHA) Edmonton & Area 1-780-482-4357



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