

Mental Health Resources for Youth and Caregivers



It is estimated that 10-20% of Canadian youth are affected by a mental illness or disorder – the single most disabling group of disorders worldwide.

Students and youth have now also faced an unprecedented year of incredible challenges and changes. With the ongoing stressors of isolation, uncertainty and anxiety due to the pandemic, it is more important than ever to prioritize the mental health of young people in our community.

Those in the role of caring for others, have additional challenges. Being able to provide care for others means that caregivers also need to look after their own well-being

Below are some local mental health resources for youth and caregivers. Click on the project name for more information.

Mental Health Resources

- **ArTeMo**
(youth and caregivers)
The Africa Centre's ArTeMo project provides tools & strategies to address barriers to the Mental Health & Wellbeing of Black Canadians.
- **The Parent Information Series**
(caregivers)
The Parent Information Series by Alberta Health Services is designed to answer frequently asked questions and give parents factual information that may help their prevent children from using drugs, help them make healthy lifestyle choices and support them in making changes in their lives.

- **Kids Help Phone**
(youth)
Kids Help Phone in partnership with Wellness Together Canada have created a number of interactive self-assessments tools and articles to help them navigate their mental health.
- **Text4Hope**
(youth and caregivers)
The Mental Health Foundation, in collaboration with their partners is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)-based text messages written by local mental health specialists.
- **Recovery College**
(youth and caregivers)
The Canadian Mental Health Association's Edmonton Recovery College provides free courses that help develop resourcesfulness. There are courses for anyone, youth, and family, friends, and parents.

Mental Health Fast Facts

- In Canada, only 1 out of 5 children who need mental health services receives them.
- Once depression is recognized, help can make a difference for 80% of people who are affected, allowing them to get back to their regular activities.
- Mental illness is increasingly threatening the lives of our children; with Canada's youth suicide rate the third highest in the industrialized world.
- Surpassed only by injuries, mental disorders in youth are ranked as the second highest hospital care expenditure in Canada.
- Visit cmha.ca/fast-facts-about-mental-illness for more information.

Where to Go for Immediate Help 24/7

211 Alberta by phone, text or chat: dial 2-1-1, text INFO to 211, or visit www.ab.211.ca and click "live chat."

Distress Centre Calgary Crisis Line - 403-266.4357 (HELP)

CMHA-ER Distress Line - 780-482-4357 (HELP)

Help for Tough Times - Alberta Health Services
Health Link: 811

Mental Health Helpline: 1-877-303-2642

COVID-19 TEXT4HOPE - Alberta Health Services

Addiction Helpline - 1-866-332-2322

Crisis Text Line - Text CONNECT to 741741

Family Violence – Find Supports – 310-1818

Kids Help Phone – 1-800-668-6868 or text CONNECT to 686868

Bullying Help Line - 1-888-456-2323

MyHealth.Alberta.ca: [List of Important Numbers](#)

Developed by the Community Mental Health Action Plan in Collaboration with

United Way of the
Alberta Capital Region

City of Edmonton

Canadian Mental Health
Association Edmonton

Visit
www.mentalhealthactionplan.ca
for
further information

NEED HELP FOR MENTAL HEALTH?



Community
Mental Health
Action Plan

mentalhealthactionplan.ca

EDMONTON

Are you in a crisis that is life threatening?

CALL 911

For emergencies (ambulance, fire and police)

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

CALL 780.424.2424

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

OR go to Anderson Hall, 10959 102 Street

Do you need to talk to someone right now?

CALL 211

OR the Distress Line at 780.482 HELP (4357)

OR Alberta Health Services Mental Health Helpline 1.877.303.2642

Do you need help today and are ready to go to walk-in counselling?

CALL 211

OR visit www.dropinyeg.ca

OR visit www.momentumcounselling.org

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

CALL 211

To speak with someone about where and how to find support near you. OR visit ab.211.ca to chat with someone and search for resources.

Do you have questions about your mental health?

CALL 811

For Alberta Health Services Health Link to speak with a registered nurse about your health
OR call your family doctor