

Mental Health Resources for the Family



Families can go through many challenges, one of which is when a family member is dealing with a mental health issue.

Support is important for both those who are experiencing mental health issues and those in the role of caring for others. The biggest step is reaching out for the support you need.

Below are some local mental health resources for families - whether you need support, want to learn more about supporting your own or a family member's mental health, or ways to get involved.

Get Support

- **[Drop-in YEG](#)**
Free drop-in single session counselling is available in person, online or over the phone provided by Intern Therapists. They offer individual, couples/partners and family therapy and services include referrals to additional services that will support you.
- **[Wellness Together Canada](#)**
Wellness Together Canada is a mental health and substance use website to support Canadians. They provide tools to assess and support your mental health, including community and peer support and immediate text support.
- **[ArTeMo](#)**
The Africa Centre's ArTeMo project provides tools & strategies to address barriers to the Mental Health & Wellbeing of Black Edmontonians.
- **[Pride Centre of Edmonton](#)**
The Pride Centre of Edmonton offers support programs, such as drop-in free counseling, to LGBTQ2S+ people, their allies, and the broader community.

Learn

- **[Caregiver Education](#)**
Alberta Health Services, in collaboration with The Mental Health Foundation offers free online programs for parents/caregivers of children and youth to increase awareness and reduce stigma of the mental health challenges that children and adolescents experience.
- **[11 of Us](#)**
11 of Us was developed as part of the Living Hope: Community Plan to Prevent Suicide in Edmonton. They have information and free courses available through their site to help inform people about suicide and how to prevent it.
- **[Recovery College](#)**
The Canadian Mental Health Association's Edmonton Recovery College provides free courses that help develop skills to support mental health. There are courses for anyone - youth, adults, and seniors.

Get Involved

- **[Boys & Girls Clubs Big Brothers Big Sisters](#)**
BGCBigS has many programs for children and youth as well as opportunities for adults to volunteer.

- **[CASA Child, Adolescent and Family Mental Health](#)**
CASA provides many options to get involved in family mental health from the Youth Council to the Family Advisory Council and volunteer opportunities.
- **[Volunteer Connector](#)**
Volunteer Connector can guide you to volunteer opportunities in your region that fit your interest and skills.

Fast Facts

- By age 40, about 50% of the population will have or have had a mental illness.
- 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.
- Visit cmha.ca/fast-facts-about-mental-illness for more information

Where to Go for Immediate Help

If you are in a crisis that is life threatening call 9-1-1

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."

CMHA-Edmonton Distress Line: 780-482-4357 (HELP)

Health Link: 811

Alberta Wide Mental Health Helpline: 1-877-303-2642

COVID-19 TEXT4HOPE: Text COVID19HOPE to 393939 to subscribe

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

Boys & Girls Clubs Big Brothers
Big Sisters of Edmonton & Area

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