

Crisis Supports

Access 24/7

780-424-2424

Access 24/7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short term stabilization.

Alberta Health Services Mental Health Help Line

1-877-303-2642 (Toll free)

Alberta Health Services Mental Health Help Line is a 24 hour, 7 day a week, 365 days a year, confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

Canadian Mental Health Association Distress Line

780-482-4357 (HELP)

Available 24/7 for those in crisis or distress or those supporting someone who is.

Canadian Mental Health Association Online Crisis Chat

<https://edmonton.cmha.ca/>

Addiction Helpline

1-866-332-2322 (Toll free)

24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling.

Family Violence Info Line

310-1818 (Call toll free or text, standard text message rates may apply)

Online chat at <https://www.alberta.ca/family-violence-find-supports>

Talk Suicide

988 (call or text)

<https://988.ca/>

If you are thinking about suicide, or you're worried about someone else, call or text 9-8-8 toll free, any time — lines are open 24/7/365.

Hope for Wellness (Indigenous)

1-855-242-3310 or chat online at <https://www.hopeforwellness.ca/>

Hope for Wellness Helpline is available 24/7 to all Indigenous people across Canada.

Brite Line (2SLGBTQIA+)

1-844-70-BRITE (27483)

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

Edmonton's first mental health and wellness helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community.

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