



wellness NETWORK

RESOURCES

Edmonton based resources available to you for free or at sliding-scale costs. Please consult the legend below to gain the most accurate information about the resources listed.

LEGEND



Resources for immediate support: addictions, mental health, and family crisis.
** If in immediate danger call 911**



Resources for basic needs: Food, Shelter, Financial support, clothing, and household goods.



Resources for Mental health support: Counselling, Psychiatry, and referral pathways.



Resources for Learning Opportunities: continuing education, literacy, and volunteerism.



Cultural and Spiritual Resources: Community centres, Cultural support workers, and opportunities for connection.



Supports for Substance Use : Treatment options, harm reduction services, detox centres, Suboxone and Methadone programs.

THE WELLNESS NETWORK



PEER SUPPORT

Peer Navigators are individuals, with lived experience of mental health challenges, and who understand what it's like to navigate the mental health system.

The Peer Navigators are currently offering virtual wellness drop-ins on Thursdays and 1:1 support. Information for both can be found on our website or call us at (780) 699-3253 !

Please join us over Zoom every Thursday from 1-3 pm for our Wellness Network Drop-in program. Drop-in provides you with the opportunity to connect with others, engage in wellness activities, and connect with a variety of community supports.



DROP - IN



RECOVERY COLLEGE

Recovery colleges are part of a global movement, aiming to provide courses to anyone who wishes to learn more about wellness and recovery. All of our recovery college courses are co-produced and facilitated or co-facilitated by someone with lived experience of addictions, trauma, or mental health concerns.

***When you see someone experiencing a mental health crisis, call 211 and pressing 3 to dispatch the 24/7 Crisis Diversion Team.**

Access 24/7

(780) 424-2424

10959 102 St NW, Edmonton, AB T5H 2V1

*Walk-ins Welcome

Brite Line - 2sLGBTQ+ Helpline

1-844-70-BRITE

Kids Kottage

Emergency overnight childcare for families in crisis

(780) 944-2888

Canadian Mental Health Association Crisis Line (CMHA)

(780) 482-4357

AHS addictions helpline

1 (866) 332-2322

Momentum Walk-in Counselling

(780) 757-0900

#706, 5241 Calgary Trail NW, Edmonton AB T6H 5G8

Sexual Assault Center of Edmonton - SACE

(780) 423-4102

14964 121a Ave NW, Edmonton, AB T5V 1A3

The Family Centre

(780) 423-2831

9912 106 St #20, Edmonton, AB T5K 1C5

Boyle McCauley Health Centre

(780) 422-7333

10628 96 St, Edmonton, AB T5H 2J2

AHS Opioid Dependency Program

(780) 422-1302

10010 102A Ave NW, Edmonton, AB T5J 0G5

(Coverage available)

Poundmakers Lodge

Free for Alberta Residents

(780) 458-1884

Alberta Government Income Supports Benefits

Emergency Income Supports

1 (866) 644-5135

Hope Mission - Housing and Food

(780) 422-2018

9908-106 Ave, Edmonton, AB

Mustard Seed

(780) 426-5600

10568 114 St, Edmonton, AB T5H 3J7

Edmonton Emergency relief services society

(780) 428-4422

10255 104 St Edmonton, AB T5J 1B1

Bissel Community Bridge

(Eviction Support)

(780) 423-2285

10527 - 96 St, Edmonton, AB T5H 2H6

The Elizabeth Fry Society of Edmonton

(Me and Money - Women's Financial Literacy)

(780) 784-2203

Metro Continuing Education

(780) 428-1111

Mustard Seed - Spiritual Development

(780) 426-5600

