



# Mental Health Resources



## MENTAL HEALTH SERVICES



**ACCESS 24/7 ADULT MENTAL HEALTH & ADDICTIONS INTAKE 780-424-2424**

**ALBERTA HEALTH SERVICES - CHILDREN & ADOLESCENTS ADDICTION & MENTAL HEALTH, INTAKE 825-402-6799**

**WESTVIEW PRIMARY CARE NETWORK YOUTH MENTAL HEALTH CLINIC, SPRUCE GROVE 780-960-9533**

**YOUTH MOBILE SUBSTANCE USE SERVICES 780-868-1895**

## CRISIS LINES



**DISTRESS LINE: 780-482-4357 (HELP)**

**SUICIDE CRISIS HELPLINE 9-8-8**

**CHILDREN'S MENTAL HEALTH CRISIS LINE: 780-427-4491**

**FIRST NATIONS AND INUIT HOPE FOR WELLNESS (14+): 1-855-242-3310**

**BRITE LINE - SUPPORT LINE FOR LGBTQIA2S+ 1-844-702-7483**

## SUPPORT GROUPS



**CARING FRIENDS BEREAVEMENT GROUP: 780-963-8583**

**LIVING WITH LOSS TO SUICIDE: 780-342-1340**

**YOUTH SUICIDE GRIEF SUPPORT CMHA EDMONTON 780-732-6654**

**B.I.L.Y, PEER GROUP FOR PARENTS WITH YOUTH IN CRISIS 587-588-8633**

**FOR ADDITIONAL RESOURCES PLEASE VISIT Supports - Town of Stony Plain**



# Indigenous Supports



**Native Counselling Services of Alberta  
Stony Plain 780-963-5975**

**Alberta Health Services, Indigenous  
Support Line 1-844-944-4744**

**Alberta Indigenous Virtual Care Clinic  
1-888-342-4822**

**Aboriginal Counselling Services of Alberta  
780-448-0378**

**Indian Residential Schools Resolution  
Health Support Program - Professional  
Counselling (Individual & Family)  
1-888-495-6588**

**First Nations and Inuit Hope for Wellness  
Helpline 1-855-242-3310**