

Resources for Youth and Young Adults

May 2019



Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS) - *Addiction and Mental Health*
Adolescent Mobile Addiction Services..... 780-422-7383
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Live Crisis Chat www.edmonton.cmha.ca
Government of Alberta
Child Abuse Hotline (24/7)..... 1-800-387-5437
Kids Help Phone (24/7; 5-20yrs) 1-800-668-6868
Sexual Assault Centre of Edmonton (24/7) 780-423-4121

Basic Needs / Financial (also see Basic Needs list)

Edmonton's Food Bank 780-425-4190
Government of Alberta
Alberta Supports Centre (info line) 780-644-9992
Emergency Income Support (24/7)..... 780-644-5135
Money Mentors..... 1-888-294-0076
Youth Empowerment & Support Services (YESS)
Nexus (15-21yrs) 780-468-7070

Counselling (*no cost)

Catholic Social Services - *Mercy Counselling* 780-391-3233
City of Edmonton Citizen Services
**Individual and Family Well-Being* 780-496-4777
Cornerstone Counselling Centre (*faith-based*) 780-482-6215
The Family Centre - Edmonton (drop in)..... (780-424-6103)
Jewish Family Services Edmonton..... 780-454-1194
Psychologists' Association of Alberta (*referrals*) 780-424-0294
Starfish Family Resources Society..... 780-448-1180
(*support for youth grieving a death, separation, or divorce*)

Health / Pregnancy / Sexuality

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic (under 20yrs).. 780-735-6892
Birth Control Centre (pro-choice)..... 780-735-0010
Health Link (24/7) 811
Compass Centre for Sexual Wellness (*pro-choice*) ...780-423-3737
Eating Disorder Support Network of Alberta www.ednsa.ca
The Elizabeth Fry Society of Edmonton
Sexually Transmitted Infections Testing 780-784-2205
(*women only, inclusive of trans women*)
Pride Centre of Edmonton
Drop-In Community Centre..... 780-488-3234
Woman's Health Options
(*pro-choice; abortion services*) 780-484-1124

Life Skills / Education / Employment

Alberta Learning Information Service (ALIS) . www.alis.alberta.ca
Bredin Centre for Learning..... 780-425-3730
City of Edmonton Citizen Services
Leaders in Training 780-944-7421
(*13-17yrs; life skills and leadership; May-August*)
Edmonton Public Schools 780-429-8000
Alternate High School Completion
Centre High Campus (17-20yrs) 780-425-6753
Learning Store (16-19yrs) 780-437-8119
Metro Continuing Education..... 780-428-1111
Transition Support Program (17-20yrs)..... 780-434-9561
Edmonton's Food Bank - *Beyond Food* 780-425-2133
The Elizabeth Fry Society of Edmonton
Girls Empowered and Strong (12-17yrs)..... 780-784-2200
Government of Alberta - *Student Funding* 1-855-606-2096
Alberta Supports Centre..... 1-877-644-9992
Youth Empowerment & Support Services (YESS)
Resource Centre (Formerly BEST) (15-24yrs)..780-468-7070
YMCA - *Bridging the Gap (employment; 15-30yrs)*..780-429-9622
YOU CAN Youth Services (*employment; 18-24yrs*)..780-444-3348
For local employment offices 211

Recreation

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
City of Edmonton Citizen Services - *Leisure Access Program* 311
Edmonton Sport Council Society (*sport referrals*)....780-497-7678
KidSport Alberta (*funding; 18yrs and under*)..... 1-888-914-5437
YMCA of Northern Alberta - *Jumpstart (5-18yrs)*.....780-429-9622

Substance Abuse / Addictions

Al-Anon Family Groups (*including Alateen*) 780-443-6000
Alberta Health Services (AHS) - *Addiction and Mental Health*
Outpatient Counselling Services, Adult..... 780-427-2736

Support

Boys and Girls Clubs Big Brothers Big Sisters..... 780-424-8181
Family Futures Resource Network 780-413-4521
Edmonton John Howard Society - *REE*START (15-22yrs)*..
..... 780-428-7590
Kids On Track Association of Edmonton 780-481-2942
Old Strathcona Youth Society (14-24yrs) 780-496-5947
Terra Centre for Teen Parents..... 780-428-3772
Uncles & Aunts at Large Society 780-452-5791
YMCA - *Youth Transition Program (13-19yrs)* 780-429-9265
Youth Empowerment & Support Services (YESS)...780-468-7070

Youth and Young Adults at Risk

(See Resources for Youth and Young Adults at Risk.)

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.