

Addiction & Mental Health Resources

Youth & Digital Technology: Growing Up Online Toolkit

Information for Service Providers

This document provides information for service providers and families to access addiction and mental health initiatives and programs, links to resources and education, and service directories.

Community Addiction & Mental Health Resources for Children, Youth and Families

- **Addiction and Mental Health Programs and Services:** www.ahs.ca/amh
- **Abuse- Free Sport:** all direct or collect: 1-613-996-8885 · WhatsApp: +1-613-909-8881 SMS: 1-613-686-3658 | <https://abuse-free-sport.ca/>
- **Alberta Referral Directory (ARD)**
<https://albertareferraldirectory.ca/PublicSearchController?direct=displaySpecialistSearch#>
- **Bridging the Gap (16-24yr):** 403-216-0660
<https://www.hullservices.ca/services/bridging-gap>
- **BGC Big Brothers Big Sisters (BGCBigS):** <https://bgcbigs.ca/>
- **CAF Connection Edmonton:** 780-973-4011
<https://www.cafconnection.ca/Edmonton/Children-Teens/Mental-Health-and-Wellness.aspx>
- **Calgary Counselling Centre:** 403-265-4980 | <https://calgarycounselling.com/>
- **Carya (formerly Calgary Family Services):** 403-205-5244 | <https://caryacalgary.ca/our-programs/family-support/family-counselling/>
- **CASA:** <https://casamentalhealth.org/>
- **Canadian Centre on Substance Use and Addiction (CCSA):** <https://www.ccsa.ca/en>
- **Child Safe Canada:** 403-202-5900 | <https://childsafecanada.com/>
- **Children's Link:** <https://childrenslink.ca/community-support/>
- **Canadian Mental Health Association:** <https://cmha.ca/>
- **Eastside Family Centre:** 403-299-9699 | <https://www.woodshomes.ca/eastside-community-mental-health-services/>
- **eMentalHealth:** <https://www.ementalhealth.ca/>
- **Families Matter:** 403-205-5178 | <https://familiesmatter.ca/>
- **Family Centre (Edmonton):** 1-800-232-7288 | <https://www.familycentre.org/>
- **Foothills Community Counselling (High River):** 403-603-3549 | <https://highriver.ca/community/community-support-services/foothills-community-counselling>
- **Gambler's Anonymous:** <https://albertaga.ca/>
- **Inform Alberta:** <https://informalberta.ca/public/common/index> ClearSearch.do
- **Jewish Family Service:** 403-287-3510 | <https://www.ifsc.org/>
- **Kickstand** <https://mykickstand.ca/>
- **Kindred:** 403-233-2360 | <https://www.kindred.ca/need-help/>

For more information, contact

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- **McMan Youth, Family and Community Services Association:** <https://mcmancalgary.ca/>
- **The Salvation Army The Way In:** 403-736-4677 | <https://thewayin.salvationarmy.org/>
- **Sunrise Native Addiction Services:** 403-261-7921 | <http://nass.ca/>
- **The Summit (Calgary)– Walk-in Mental Health Support for Children, Youth, and Families:** <https://www.albertahealthservices.ca/summit/summit.aspx>
- **Volunteer Connector:** <https://www.volunteerconnector.org/>
- **West Central Community Resource Centre:** 403-543-0555 | <https://closetohome.com/>
- **Wood's Homes:** 403-270-4102 | <https://www.woodshomes.ca/about-us/> | <https://www.woodshomes.ca/about-us/>
- **Youthone Lethbridge:** <https://www.youthone.ca/youth>

Resource Index for Recovery Alberta Clinicians

- **Calgary and area Access Mental Health Resource Database (AMHRD):** <https://amhrd.albertahealthservices.ca/>
- **North, Central & South Access Addiction & Mental Health Resource Database:** [RESOURCE :: INDEX](#)
- **Edmonton and area Program Selector Tool:** [EZAMHPS | Home](#)

Resources for Vulnerable Populations

Indigenous Communities

- **Métis and Indigenous Children's Services Offices:** <https://www.alberta.ca/metis-and-indigenous-childrens-services-offices.aspx#toc-1>
- **Native Counselling Services of Alberta:** <https://ncsa.ca/>
- **Bent Arrow Traditional Healing Society:** <https://bentarrow.ca/>

2SLGBTQI + Youth & Families

- **PFLAG Canada:** <https://pflagcanada.ca/resources/>
- **Canadian Mental Health Association – 2SLGBTQI+ Resources:** <https://alberta.cmha.ca/lgbtq2s-resources/>
- **Skippling Stone Foundation (Trans & Gender Diverse Support):** <https://www.skipplingstone.ca/>
- **Calgary Queer Arts Society:** <https://www.calgaryqueerartsociety.com/>
- **OutLink (2SLGBTQIA+ support in Calgary):** <https://www.calgaryoutlink.ca/>

Newcomers & Immigrants

- **Centre for Newcomers:** [Home | Centre For Newcomers](#)
- **Edmonton Immigrant Services Association:** <https://www.eisa-edmonton.org/>
- **Immigrant Services Calgary:** <https://www.immigrantservicescalgary.ca/>

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Community Resources for Addiction Support

Calgary Area

- **Alberta Adolescent Recovery Centre (AARC):** 403-253-5250 | <https://www.aarc.ab.ca/>
- **Alcove Addiction Recovery Centre for Women:** 587-576-3512
<https://www.alcoverecoverly.ca/>
- **Alpha House:** 403-234-7388 | <https://alphahousecalgary.com/>
- **Aventa - Centre for Excellence for Women with Addiction:** 403-245-9050
<https://aventa.org/>
- **Calgary Dream Centre:** 403-243-559 | <https://calgarydreamcentre.com/>
- **Calgary Drop-In Centre - Recovery and Relapse Services (RRS):** 403-263-5707
<https://www.calgarydropin.ca/>
- **Fresh Start Recovery Centre:** 403-387-6266 | <https://www.freshstartrecovery.ca/>
- **Oxford House Foundation of Canada:** 403- 214-2046 | <https://www.oxfordhouse.ca/>
- **Recovery Acres Calgary Society (RACS):** 403-245-1196
<https://www.recoveryacres.org/>
- **Hull Services - Youth Support:** 403-251-8000 | <https://www.hullservices.ca/>

Central Alberta

- **Grace House Drumheller:** 403-823-5437 | <https://grace-house.ca/>
- **Red Deer Dream Centre:** 403-986-0050 | <https://www.rddc.ca/>

Edmonton Area

- **George Spady Society:** 780- 424-8335 | <https://www.gspady.org/>
- **Jellinek Society:** 780-488-1160 | <https://www.jellinek.ca/>
- **Poundmaker's Lodge Treatment Centres:** 780- 458-1884 |
<https://poundmakerslodge.ca/>
- **Salvation Army - Edmonton Centre of Hope:** 780-423-2111
<https://www.salvationarmy.ca/alberta/>
- **Clean Scene Network for Youth Society:** 780-488-0036 | <https://www.cleanscene.ca/>

Northern Alberta

- **Lakeland Centre for Fetal Alcohol Spectrum Disorder (LCFASD):** 780-594-9905
<https://lcfasd.com/>

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Southern Alberta

- **Foothills Centre:** 403-553-4466 | <https://recoveryaccessalberta.ca/service/foothills-centre/>
- **Blood Tribe Detox Centre,** Standoff, AB: <https://bloodtribe.org/>
- **McMan Youth, Family and Community Services Association - Lethbridge**
<https://www.mcmansouth.ca/>
- **Southern Alcare Manor:** 403-328-0955, Lethbridge, AB <https://www.southernalcare.ca/>

National Resource

- **Get Help with Substance Use** (Canada.ca)
<https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.htm>

Virtual Support & Teletherapy Services

- **Addiction & Mental Health Apps:**
<https://airtable.com/appgpgKL0zQPLSlakd/shrNQrikDryszb8Ea/tbl4Ao6uJkCmoUALi>
- **Addiction Helpline:** 1-866-332-2322
- **Alberta Foster and Kinship Association Support Line Team:** 1-800-667-2372
- **BetterHelp:** <https://www.betterhelp.com/>
- **Calgary Access Mental Health:** 403-943-1500
- **Child Abuse Hotline:** 1-800-387-5437
- **Community Addiction and Mental Health Services – Rural Communities:** 1-877-652-4700
- **Connect Teen:**
 - Call (24/7): 403-264-8336
 - Text (daily): 587-333-2724
- **Crisis Text Line** – Text CONNECT to 741741
- **7 Cups:** <https://www.7cups.com/>
- **Distress Centre Calgary/Red Deer:** 403-266-4357
- **Distress Centre Edmonton:** 780-482-4357; 780-342-7777
- **Distress Centre Southwestern Alberta:** 403-327-7905 or toll-free: 1-888-787-2880
- **Edmonton Access Mental Health:** 780-424-2424
- **Health Link:** 811
- **Kids Help Phone:** 1-800-668-6868
- **Mental Health Helpline:** 1-877-303-2642 (Toll-free)
- **Recovery Alberta Addiction Helpline:** 1-866-332-2322
- **Suicide Crisis Line:** 988- 403-266-0700 or 403-266-1605
- **Suicide Crisis Helpline:** 988

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- **Talk Suicide Canada:** 1-833-456-4566, text – 45645
- **Teen Line:** 403-264-8336
- **The Wellness Society:** <https://thewellnesssociety.org/mindfulness-and-meditation/>
- **Togetherall:** <https://togetherall.com/>
- **TELUS Health:** <https://www.telushealth.com>
- **Youth Drug Line:** 403-269-3784

Educational and Training Material/Opportunities for AHS – Recovery Alberta Employees and Community Partners

- **Primary Health Care Learning Portal:** <phc.myabsorb.ca>.
- **Mylearninglink:**
https://mylearninglink.albertahealthservices.ca/elearning/bins/index.asp?ReturnUrl=%2felearning%2fbins%2fcourse_list.asp
- **Knowledge Resource Service (KRS):** <https://krs.libguides.com/home>
- **Mental Health Collaborative:** <https://mhcollab.ca/>
- **Community Education Service (CES) program:** <http://community.hmhc.ca/>

If you need help or support, contact: Addiction Helpline Recovery Alberta at 1-866-332-2322 (toll free within Alberta). [Mental health & addiction helplines | Recovery Alberta](#)

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