Families Arising
Resource Centre Edmonton

FREE MENTAL HEALTH AND WELLBEING GUIDE

Where to Get Mental Health Help in Alberta

Free and low-cost services, helplines and how to access them, so you know where to turn for yourself or someone you love.

Knowing where to turn makes it easier to reach out when you or someone you love is struggling. This guide lists free and low-cost mental health support available to families in Alberta. Many services offer interpreters, so you can ask for help in your own language.

If you need help right now

Situation	Call or text
Emergency or immediate danger	**911**
In crisis or thinking about suicide (24/7)	Call or text **988** (Suicide Crisis Helpline)
Mental health support (24/7)	Alberta Mental Health Help Line: **1-877-303-2642**
Someone to talk to in Edmonton (24/7)	Distress Line: **780-482-4357**
Children and teens (24/7)	Kids Help Phone: **1-800-668-6868** or text **CONNECT to 686868**
Family violence (24/7, many languages)	Family Violence Info Line: **310-1818**
Alcohol, drugs or gambling (24/7)	Addiction Helpline: **1-866-332-2322**
Indigenous peoples (24/7)	Hope for Wellness Help Line: **1-855-242-3310**

Getting ongoing support

1. **Call 811 Health Link.** A nurse can give advice and connect you with Addiction and Mental Health services near you.

2. **See your family doctor or a walk-in clinic.** Doctors can assess, treat and refer you to counselling or specialists. Do not have a doctor? See our guide Finding a Family Doctor in Canada.

3. **Check your workplace or school.** Many employers offer an Employee and Family Assistance Program (EFAP) with free, confidential counselling for you and your family. Colleges and universities offer free counselling to students.

4. **Look for sliding-scale counselling.** Some community agencies and training clinics offer counselling at reduced cost based on income. Call 211 to find options near you.

5. **Ask about cultural fit.** It is okay to ask for a counsellor who understands your culture, faith background or language, or to bring an interpreter.

Questions to ask a counsellor

- [ ] Are you registered or licensed, and with which body?
- [ ] Do you have experience with newcomer families or my culture?
- [ ] What are your fees, and do you offer a sliding scale?
- [ ] Is my insurance or workplace plan accepted?
- [ ] Do you offer online or evening sessions?

Find community services anytime

Call, text or visit 211 Alberta (ab.211.ca) to find mental health, family, housing and settlement services near you, 24/7, in many languages.

My support contacts

My family doctor:

My counsellor or EFAP number:

Two people I can call:

Phone numbers checked November 2026. Services can change, so please confirm with the provider. Families Arising offers education and community support. We are not a crisis or clinical service.

Families Arising is here to help

Families Arising Resource Centre Edmonton is a registered non-profit that supports Black, immigrant, newcomer and multicultural families with programs for mothers, fathers, children and teens.

- **Mom Youniversity:** mentoring, peer support and coaching for mothers and women
- **Intentional Parenting Course:** summer cohorts for parents
- **Junior Youniversity:** Royal Tots, Royal Readers and Teen Pulse for kids and teens
- **Free webinars, guides and events** for families

Visit familiesarising.ca · Email info@familiesarising.ca · Call 780-900-1450 · Instagram @familiesarising.edmonton

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