Canadian Mental Health Association Edmonton (CMHA)
780-414-6300
8:30 am – 4:30 pm (Mon – Fri) Closed noon-1pm
edmonton.cmha.ca

The Pride Centre of Edmonton
780-488-3234
12:00 – 6:30 pm (Tues & Thurs)
pridecentreofedmonton.ca
Diverse support services for LGBTQ+ people

Edmonton Mennonite Centre for Newcomers (EMCN)
780-424-7709
Settlement and support services for immigrants and refugees in Edmonton and area
emcn.ab.ca

Today Family Violence Help Centre
780-455-6880
9:00 am – 5:00 pm (Mon – Fri)
After hours: 780-482-HELP (4357)
Multidisciplinary help and a safe place for victims of domestic abuse to access timely, short-term services, and support
thetodaycentre.ca

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CONCORDIA CONTACT INFORMATION

Security (24/7)
780-479-8761 or 5555 on internal phone
Call security to escort you around campus if feeling unsafe at night

mywellness
mywellnessplan.ca
CUE’s student mental health and wellness plan
Crisis text support (24/7) text CONNECT to 686868

Counselling Services
concordia.ab.ca/student-services/student-life-learning/support-services/counselling-services
780-479-9241 or email: studentlife@concordia.ab.ca

Peer Support Program
Drop in to L279 (main floor library)
Current hours are posted on the door

Behaviour Support & Intervention Team (BSIT)
concordia.ab.ca/campus-services/security/behavioural-support-and-intervention-team
780-479-9289

Reporting/Disclosing Sexual Violence on campus
concordia.ab.ca/student-services/student-life-learning/support-services/reporting-sexual-violence
780-479-9289

Student Life & Learning
concordia.ab.ca/student-services/student-life-learning/
780-479-9241

VP Student Life & Learning
780-479-9289 or email: vpsll@concordia.ab.ca

Career Services
concordia.ab.ca/student-services/career-services
780-378-8461

INDIGENOUS RESOURCES

Indigenous Student Services
concordia.ab.ca/student-services/indigenous-student-services/
780-479-9394

First Nations & Inuit Hope for Wellness Help Line (24/7)
hopewellness.ca
Culturally competent counselling support in English and French and, upon request, in Cree, Ojibway, and Inuktitut
1-855-242-3310

National Indian Residential Schools Crisis Line (24/7)
1-866-925-4419
Emotional and crisis support for former Residential School students

Native Counselling Services of Alberta
ncsa.ca
Diverse community, research, education, and prevention programs for Indigenous people

Ben Calf Robe Society
bcrsociety.ab.ca
Culturally relevant semi-independent living programs, group homes, in-home family support, family health, and parenting programs
780-477-6648

Canadian Native Friendship Centre
cnfc.ca

Bent Arrow Traditional Healing Society
bentarrow.ca

Métis Nation of Alberta
albertametis.com
Anorexics and Bulimics Anonymous
780-318-6355
In person, phone, or online meetings
Meeting times & places: 780-430-6077

Eating Disorder Support Network of Alberta
edsna.ca/support
In person and online support and groups

Organization for Bipolar Affective Disorders
403-263-7408
Weekly peer support groups in Edmonton and elsewhere in Alberta; support from certified peer specialist
obad.ca

Schizophrenia Society of Alberta - Edmonton
780-452-4661
Peer support, phone, online, and in person for people and families living with schizophrenia
schizophrenia.ab.ca

Alcoholics Anonymous Edmonton
780-424-5900
Peer support meetings
edmontonaa.org/meetings

ADHD Association of Greater Edmonton
adhdedmonton.com
Support groups for adults, partners, and families

Financial Aid & Awards
concordia.ab.ca/student-services/financial-aid/
780-479-9220

Residence Life Coordinator
concordia.ab.ca/student-services/residence/contact/
780-479-9349

Indigenous Student Services
concordia.ab.ca/student-services/indigenous-student-services/
780-479-9394

CUE Wellness
concordia.ab.ca/student-services/student-life-learning/support-services/cue-wellness/
780-479-9297

Athletics & Recreation
gothunder.ca/landing/index
780-479-9389

Campus Multi-Faith Support
concordia.ab.ca/student-services/student-life-learning/support-services/campus-multifaith-support/

Lost & Found
780-479-8481

Food Bank
Email: foodbank@concordia.ab.ca

International Office
concordia.ab.ca/international
780-378-8437

Concordia Students' Association
ourcsa.ca

Graduate Students' Association
concordiagsa.com

Registrar
concordia.ab.ca/student-services/registrar/contact-us
780-479-9250
Learning Services (Tutoring & Academic Strategies)
concordia.ab.ca/student-services/student-life-learning/learning-services
780-491-6854

Learning Accommodation Services (Students with Disabilities)
concordia.ab.ca/student-services/student-life-learning/learning-services/students-with-disabilities
780-479-9242

Workplace Safety Incidents
24 hr line: 1-877-473-3375

CRISIS SERVICES AND DISTRESS LINES
(*call 911 if in immediate danger)

Distress Line (24/7)
780-482-HELP (4357)
Supportive listening to people struggling with abuse, suicidality, etc.
edmonton.cmha.ca/programs-services/distress-line
Outside of Edmonton: 1-800-232-7288

mywellness crisis text support (24/7)
text CONNECT to 686868

Community Urgent Services and Stabilization team (24/7)
780-342-7777
Crisis response, either phone or mobile, and short term clinic, community, or home based stabilization services.

Sexual Assault Crisis Line (24/7)
780-423-4121
Support to victims by the Sexual Assault Centre of Edmonton

Kids Help Phone Line (24/7)
1-800-668-6868
Counselling for ages 20 and under
kidshelpphone.ca

National Eating Disorder Information Centre (NEDIC) Helpline
1-866-633-4220
Mon - Thurs: 7am - 7pm
Fri: 7am - 3pm

DIRECTORIES

211 Alberta – Edmonton and Area (24/7)
211 or Info and referral line to any social, health and government services including counselling and mental health
Outside of Edmonton call 780-482-4636
ab.211.ca or text STUDENT to 211

The Rainbow Pages
therainbowpages.ca
LGBTQ2S+ youth and the youth-serving community a consolidated guide of the supports available in Edmonton

REPORTING ABUSE

Reporting/Disclosing Sexual Violence on campus
concordia.ab.ca/student-services/student-life-learning/support-services/reporting-sexual-violence
780-479-9289

Edmonton Police Service (EPS) (24/7)
Emergency help: 911
Non-Emergency line: 780-423-4567

Child Abuse Hotline (24/7)
1-800-387-5437 (KIDS)
Report suspected abuse of child to Child and Family Services
HEALTH, TREATMENT, AND ASSESSMENT

Health Link 811 (24/7)
811
Medical advice and info line
albertahealthservices.ca/assets/healthinfo/link/index.html

Addiction and Mental Health Access 24/7
780-424-2424
Referral services for adults needing support with addictions and/or mental health problems
AHS.ca/access247

Access Open Minds Edmonton
12:00 pm - 5:30 pm (Tues – Fri) or leave message at:
780-415-0048 or youngadultservices@ahs.ca
accessopenminds.ca/our-site/edmonton-ab/

AHS Edmonton Community Mental Health Clinic
780-342-7700

AHS University of Alberta Hospital Psychiatric Treatment Clinic
780-407-6501

Psychology Today
psychologytoday.com
Find a therapist advertising services in your area

PAA Psychologist Referral Service
780-424-0294 or toll-free 1-888-424-0297
psychologistsassociation.ab.ca/referrals

Women's Health Options
780-484-1124

STI Clinics in Edmonton
780-342-2300 (Main Line)

HIV Edmonton
780-488-5742
https://www.hivedmonton.com/

Family Violence Info Line
780-310-1818
In more than 170 languages. Chat anonymously online with staff from noon to 8 p.m. daily.
alberta.ca/family-violence-prevention.aspx

First Nations & Inuit Hope for Wellness Help Line (24/7)
1-855-242-3310
Culturally competent counselling support in English and French and, upon request, in Cree, Ojibway, and Inuktitut
hopeforwellness.ca

National Indian Residential Schools Crisis Line (24/7)
1-866-925-4419
Provides emotional and crisis support for former Residential School students

The Women’s Shelter Line (24/7)
1-866-331-3933
Provides outreach services, support during crisis and personal safety planning and referrals
acws.ca

CMHA Online Crisis Chat
edmonton.cmha.ca/programs-services/online-crisis-chat
Mon to Fri: 6-10pm
Sat and Sun: Noon - 4pm (Edmonton)

AHS Mental Health Help Line (24/7)
1-877-303-2642
Information about mental health programs and services; referrals to other agencies if needed; crisis intervention

Alberta Health Services Addiction Helpline (24/7)
1-866-332-2322
Confidential service providing addiction support, information and referral to services
COUNSELLING SERVICES (free or sliding scale)

Concordia Student Counselling Services
780-479-9241 or email: studentlife@concordia.ab.ca
9:00 am – 4:00 pm (Mon – Fri)

First Nations and Inuit Hope for Wellness Help Line (24/7)
1-855-242-3310
24/7 in English and French. On request, telephone counselling is also available in: Cree, Ojibway, Inuktitut

Sexual Assault Centre of Edmonton
780-423-4102
8:30 am – 5:30 pm Mon – Thu
sace.ca

Pride Centre of Edmonton
780-488-3234
Drop-in single session counselling
pridecentreofedmonton.ca
12:00 – 7:00 pm (Tues & Thurs)

Drop in YEG
dropinyeg.ca/locations
Free drop in single session counselling at 6 locations in Edmonton offered by CMHA

Suicide Bereavement Support Services (CMHA)
780-732-6654
12-week group counselling for those grieving a loss by suicide
edmonton.cmha.ca/programs-services/suicide-grief-support-program
2:00 – 3:30 pm (Tues) or 6:30 – 8:30 pm (Wed)

Momentum Walk-In Counselling
780-757-0900
Low cost, drop-in single session counselling
momentumcounselling.org
10:00 am – 7:00 pm (Mon – Wed)
10:00 am – 5:00 pm (Thurs)
10:00 am – 2:00 pm (Fri)

The Family Centre
780-900-6129
Wide range of services for families, couples, and individuals
familycentre.org

Jewish Family Services Edmonton
780-454-1194
9:00 am – 5:00 pm (Mon & Fri)
9:00 am – 7:00 pm (Tues – Thurs)
jfse.org/integrity

Mercy Counselling Edmonton (Catholic Social Services)
780-391-3233
Faith-informed psychological counselling and assessment services to children, youth, adults, couples, and families
cssalberta.ca/Our-Services/Mercy-Counselling
Located on CUE campus

Campus Multi-Faith Support
cordia.ab.ca/student-services/student-life-learning/support-services/campus-multifaith-support

AlbertaQuits
866-710-7848
8:00 am—8:00 pm daily
albertaquits.ca
Support to help quit smoking