Community Resource Guide

CUE CONCORDIA UNIVERSITY of EDMONTON

HEALTH SUPPORTS

MENTAL HEALTH

Kickstand Connect

780-409-0454 **www.mykickstand.ca/connect**

FREE virtual walk-in clinic for 11-25 year olds in Alberta offering single-session and short-term mental health and substance use counselling.

Momentum Counselling

780-757-0900 **www.momentumcounselling.org**

Service for those looking for strategies that can be used to problem solve or help cope with a stressful situations. Sliding Scale**

Canadian Mental Health Association

780-414-6300 **https://edmnton.cmha.ca/**

Vital mental health support, resources, and a 24/7 Distress Line for individuals and families in Edmonton.

CUE Counselling

studentlife@concordia.ab.ca

Confidential and non-judgmental safe space to talk openly.

Peer Support Centre

wellness@concordia.ab.ca **Room: L266**

1-1 confidential drop-ins for students needing support

SEXUAL HEALTH

Sexual Assault Centre of Edmonton

780-423-4121 **www.sace.ca**

For survivors (and their families) of past and current sexual assault and sexual abuse.

HIV Edmonton

780-488-5742 **https://hivedmonton.com/**

Harm reduction agency, working to provide the best education and prevention methods to a wide variety of audiences.

PHYSICAL HEALTH

Health Link

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Click HERE for additional resources on a variety of topics!!

Sourced by: CUE Wellness

CRISIS SUPPORTS

211 Edmonton

2 - 1 - 1 or 780-482-4636 **www.ab.211.ca**

Suicide Crisis Helpline

Call or Text 9 - 8 - 8 **https://988.ca/**

Addiction & Mental Health Access 24/7

780-424-2424 **13211 Fort Rd NW**

They provide a range of urgent and non- urgent addiction and mental health services. Open 24/7 and clients can access services in person or over the phone.

BriteLine

1-844-702-7483 **https://briteline.ca/**

24/7 helpline dedicated to supporting people in Edmonton's 2SLGBTQIA+ community.

Distress Line, The Support Network

780-482-4357 (HELP)

Confidential listening and support for those in crisis or distress.

Hope for Wellness Helpline

1-855-242-3310 **https://www.hopeforwellness.ca/**

Available 24/7 to all Indigenous Peoples across Canada.

Trans Lifeline

1-877-330-6366 **https://translifeline.org/**

Peer support phone service run by trans people for trans and questioning peers.

FOOD & BASIC NEEDS

CUE Cupboard

cuecupboard@concordia.ab.ca

Allows students to get a free hamper of food 3 times per semester. This resource may be needed due to food insecurity.

Edmonton Food Bank

780-425-4190

We provide food and services to empower individuals struggling with food security and poverty.

Bissell Centre

780-423-2285

Working in community, we remove barriers and support people as they move out of poverty.