

**AHS Clinical Psychology Services
Community Resource List For Adults**

| Crisis Services | |
|--------------------------------------------------------------------------------------------------------------|--------------|
| Adult Crisis Response Services | 780-342-7777 |
| Support Network Distress Line | 780-482-4357 |
| Adult Mental Health Referral & Treatment Services | |
| Edmonton Mental Health Clinic | 780-342-7700 |
| AHS Adult Addiction & Mental Health Service Programs, Edmonton & Surrounding Areas | |
| East Edmonton Health Centre | 780-342-4908 |
| Fort Saskatchewan Mental Health Services | 780-342-2388 |
| Leduc Mental Health Services | 780-986-2660 |
| Northeast Community Health Centre | 780-342-4027 |
| Northgate Clinic | 780-342-2700 |
| St. Albert Mental Health Services | 780-342-1410 |
| Spruce Grove Mental Health Clinic | 780-962-7539 |
| Stony Plain Adult Mental Health Clinic | 780-963-6151 |
| Strathcona Health Care | 780-342-4675 |
| Adult Alcohol & Substance Treatment Resources | |
| Addiction Services Adult Outpatient | 780-427-2736 |
| Addiction Services Adult Detox | 780-427-4291 |
| Alcoholics Anonymous (Central Office) | 780-424-5900 |
| AI-Anon/AI-Ateen (Information for Families and Friends) | 780-433-1818 |
| Poundmakers Lodge | 780-458-1884 |
| No Fee Community Counselling/Support Services | |
| Drop-in Single Session Counselling www.dropinyeg.ca | 211 |
| Aboriginal Consulting Services Association | 780-448-0378 |
| Canadian Mental Health Association | 780-414-6300 |
| Edmonton Hope & Wellness Centre | 780-342-5410 |
| Mennonite Centre for Newcomers | 780-424-7709 |
| Momentum Walk-In Counselling www.momentumcounselling.org | 780-757-0900 |
| Multicultural Health Brokers Co-op | 780-423-1973 |
| Community Fee For Service | |
| Mercy Counselling | 780-420-1970 |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| https://www.cssalberta.ca/Our-Ministries/Mercy-Counselling NOTE: This service offers counseling from a faith-informed perspective. | |
| Community Counselling Centre http://www.communitycounsellingcentre.ca/ | 780-482-6576 |
| Cornerstone Counselling Centre http://www.cornerstonecounselling.com/ | 780-482-6215 |
| The Family Centre – Therapy & Counselling http://www.the-family-centre.com/ | 780-424-6103 |
| Insight Psychological Inc. http://www.insightpsychological.ca/?ibp-camp=ppc | 780-461-1717 (South) 780-478-2580 (North) |
| Integrity Counselling Service http://www.ifse.org/programs-services/integrity-counselling-service/ | 780-454-1194 |
| Loussa Counselling Centre http://loussacounselling.ca/ | 780-478-4215 |
| Northland Family Counselling Group http://www.northlandfamilycounselling.com/ | 780-439-5683 |
| Psychologists' Association of Alberta, Psychologist Referral Line (for a private psychologist) http://www.psychologistsassociation.ab.ca | 780-428-8255 |
| Red Road Healing Society (Aboriginal) http://www.theredroad.ca/ | 780-471-3220 |
| University of Alberta – Counselling Services, Faculty of Education http://www.edpsychology.ualberta.ca/CentresAndInstitutes/ClinicalServices.aspx | 780-492-3746 (September – April) |
| YWCA http://www.ywcaofedmonton.org/ywca-edmonton-counselling-centre | 780-970-6501 |
| Adult Support Groups | |
| Bi-weekly Meet-Up Group for Anxiety & Depression Check website for information on dates/times: http://www.meetup.com/Overcoming-Anxiety-Depression/ | |
| Hoarding Support Group - Contact: Terri Bailey | 780-761-5693 terriannaibailey@yahoo.ca |
| OCD Support Group – Contact: Dr. Mary Hasse <ul style="list-style-type: none"> • Meets on the 2nd and 4th Tuesday of every month, 7-9 pm • #201, 10621 – 100th Ave (Financial Building) | 780-497-5742 |

| | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <ul style="list-style-type: none"> No referral necessary | |
| <p>Organization for Bipolar Affective Disorders Society (OBAD)</p> <ul style="list-style-type: none"> Mission: To help people affected directly or indirectly by Bipolar Affective Disorder, Depression and Anxiety <p>http://obad.ca</p> | |
| Online Resources | |
| <p>Centre for Clinical Interventions</p> <p>http://www.cci.health.wa.gov.au/resources/consumers.cfm</p> | |
| <p>Audio for Relaxation and Meditation – Counselling and Mental Health Services, McGill University</p> <p>http://www.mcgill.ca/counselling/self-help/audio-video</p> | |
| Adult Books For Depression, Anxiety, Trauma, Addictions and Personality Issues | |
| <i>Mind Over Mood: Change how you feel by changing the way you think</i> , by Greenberger & Padesky | |
| <i>The Mindful Way Through Depression</i> , by Williams, Teasdale, Segal & Kabat-Zinn | |
| <i>The Gifts of Imperfection: Let go of who you think you're supposed to be and embrace who you are</i> , by Brene Brown | |
| <i>Mastery of Your Anxiety & Panic Workbook (4th Edition)</i> , by Barlow & Craske | |
| <i>Mastery of Your Anxiety and Worry Workbook (2nd Edition)</i> , By Craske & Barlow | |
| <i>The Anxiety & Phobia Workbook (5th Edition)</i> , by Edmund Bourne | |
| <i>Mindfulness & Acceptance Workbook for Anxiety</i> , by Eifert & Forsyth | |
| <i>Shyness & Social Anxiety Workbook: Proven techniques for overcoming your fears (2nd Edition)</i> , by Antony & Swinson | |
| <i>Painfully Shy – How to Overcome Social Anxiety & Reclaim your Life</i> , by Markway & Markway | |
| <i>Overcoming Obsessive Thoughts: How to gain control of your OCD</i> , by Purdon & Clark | |
| <i>Treating your OCD with Exposure & Response Prevention Workbook (2nd Edition)</i> , by Foa & Lichner | |
| <i>The OCD Workbook: Your guide to breaking free from Obsessive Compulsive Disorder (3rd Edition)</i> , by Hyman & Pedrick | |
| <i>Reclaiming Your Life from a Traumatic Experience Workbook</i> , by Rothbaum, Foa & Hembree | |
| <i>Breaking Addiction: A seven-step handbook for ending any addiction</i> , by Lance Dodes | |
| <i>The Borderline Personality Disorder Survival Guide: Everything you need to know about living with BPD</i> , by Chapman & Gratz | |
| <i>Loving Someone with Borderline Personality Disorder: How to keep out-of-control emotions from destroying your relationship</i> , by Shari Manning | |
| <i>Stop Walking on Eggshells: Taking your life back when someone you care about has Borderline Personality Disorder</i> , by Mason & Creger | |