

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

<b>Crisis Services</b>	
Adult Crisis Response Services	780-342-7777
Support Network Distress Line	780-482-4357
<b>Adult Mental Health Referral &amp; Treatment Services</b>	
Edmonton Mental Health Clinic	780-342-7700
<b>AHS Adult Addiction &amp; Mental Health Service Programs, Edmonton &amp; Surrounding Areas</b>	
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
<b>Adult Alcohol &amp; Substance Treatment Resources</b>	
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
<b>No Fee Community Counselling/Support Services</b>	
Drop-in Single Session Counselling <a href="http://www.dropinyeg.ca">www.dropinyeg.ca</a>	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 <a href="http://www.momentumcounselling.org">www.momentumcounselling.org</a>	780-757-0900
Multicultural Health Brokers Co-op	780-423-1973
<b>Community Fee For Service</b>	
Mercy Counselling	780-420-1970

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

<ul style="list-style-type: none"> <li>No referral necessary</li> </ul>	
<p>Organization for Bipolar Affective Disorders Society (OBAD)</p> <ul style="list-style-type: none"> <li>Mission: To help people affected directly or indirectly by Bipolar Affective Disorder, Depression and Anxiety</li> </ul> <p><a href="http://obad.ca">http://obad.ca</a></p>	
<b>Online Resources</b>	
<p>Centre for Clinical Interventions</p> <p><a href="http://www.cci.health.wa.gov.au/resources/consumers.cfm">http://www.cci.health.wa.gov.au/resources/consumers.cfm</a></p>	
<p>Audio for Relaxation and Meditation – Counselling and Mental Health Services, McGill University</p> <p><a href="http://www.mcgill.ca/counselling/self-help/audio-video">http://www.mcgill.ca/counselling/self-help/audio-video</a></p>	
<b>Adult Books For Depression, Anxiety, Trauma, Addictions and Personality Issues</b>	
<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 &amp; Panic Workbook (4<sup>th</sup> Edition)</i> , by Barlow & Craske	
<i>Mastery of Your Anxiety and Worry Workbook (2<sup>nd</sup> Edition)</i> , By Craske & Barlow	
<i>The Anxiety &amp; Phobia Workbook (5<sup>th</sup> Edition)</i> , by Edmund Bourne	
<i>Mindfulness &amp; Acceptance Workbook for Anxiety</i> , by Eifert & Forsyth	
<i>Shyness &amp; Social Anxiety Workbook: Proven techniques for overcoming your fears (2<sup>nd</sup> Edition)</i> , by Antony & Swinson	
<i>Painfully Shy – How to Overcome Social Anxiety &amp; 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 &amp; Response Prevention Workbook (2<sup>nd</sup> Edition)</i> , by Foa & Lichner	
<i>The OCD Workbook: Your guide to breaking free from Obsessive Compulsive Disorder (3<sup>rd</sup> 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	