

Strathcona Health Care (Sherwood Park)

Mental Health Services - Addiction & Mental Health (780) 342-4675
Addiction Services (780) 449-3468
RCMP (780) 467-7741
Child and Family Services (780) 342-4600

St. Albert

Mental Health Services (780) 342-1410
Sturgeon Community Hospital (780) 418-8200
Addiction Services (780) 460-4971
RCMP (780) 458-7700
Child and Family Services (780) 460-4970

Stony Plain and Spruce Grove

Adult Mental Health Clinic - Stony Plain (780) 963-6151
Mental Health Clinic - Spruce Grove (780) 962-7539
Westview Health Centre (780) 968-3600
Addiction Services (780) 968-6466
Stony Plain RCMP (780) 968-7200
Stony Plain Child and Family Services (780) 963-9424
Spruce Grove RCMP (780) 962-2222
Spruce Grove Children and Youth Services (780) 962-7635

For more information about Mental Health resources, visit our website
www.albertahealthservices.ca

Crisis Services

Adult Crisis Response Services (780) 342-7777
Children's Crisis Response Team (780) 413-4733
Children's Mental Health Crisis Line & Response Team (780) 427-4491
Support Network Distress Line (780) 482-4357
Family Justice Services (780) 427-8343
Mental Health Help Line 1-877-303-2642

Referral and Treatment Services

Children's Mental Health Regional Intake (780) 342-2701
Edmonton Mental Health Clinic (780) 342-7700
University of Alberta Psychiatric Treatment Clinic (780) 407-6501

Information and Support

Health Link Alberta (780) 408-5465
Canadian Mental Health Association - Edmonton Region (780) 414-6300
Mental Health Patient Advocate (780) 422-1812
Catholic Social Services (780) 432-1137
Schizophrenia Society of Alberta - Edmonton Chapter (780) 452-4661
Seniors Association of Greater Edmonton (SAGE) (780) 423-5510
Family Centre (780) 424-5580
Aboriginal Consulting Services Association (780) 448-0378
Mennonite Centre for Newcomers (780) 424-7709
Multicultural Health Brokers Coop (780) 423-1973

Alcohol and Other Drug Treatment Resources

Addiction Services
Adult Outpatient (780) 427-2736
Adult Detox (780) 427-4291
Youth Community Service (Outpatient) (780) 422-7383
Youth Detox and Residential (780) 644-1535
Opioid Dependency Clinic (780) 422-1302
Alcoholics Anonymous (Central Office) (780) 424-5900

Tips for dealing with anxiety

Stay healthy: A healthy diet and regular daily exercise are "musts" to help us deal with stress and anxiety.

Cut back: Cutting down on caffeine and nicotine is important. Smoke less and drink less coffee or pop.

Stay connected: Maintain contact with your family and friends; these supports help us feel connected.

Solve problems: Uncontrolled worrying doesn't help. Focus on possible solutions instead of the problem.

Set aside a "worry" time: If a concern feels uncontrollable, worry about it during a set time.

Use thought stopping: Tell yourself out loud if you're alone, or in your mind if you're in public, to STOP! Remind yourself that your anxiety is a symptom of stress and focus on another enjoyable activity.

Check for logic: Write down your thoughts to see if any of them are illogical, are blown out of proportion, are too "black and white," or are focused on what *might* happen. Look at each thought to see if it is reasonable.

04/10 15M

Al-Anon/Alateen (Information for families and friends) (780) 433-1818
Poundmakers Lodge (780) 458-1884

Shelters

YMCA (780) 421-9622
Hope Mission/Herb Jamison Center (780) 429-3470
WEAC (780) 423-5302
George Spady Center (780) 424-8335
Edmonton YWCA (780) 423-9922
Youth Emergency Shelter Society (780) 468-7070

Day Treatment Programs

Canadian Mental Health Association - Edmonton Zone (780) 414-6300
Community Geriatric Program (780) 424-4660
Eating Disorder Program at University of Alberta Hospital (780) 407-6114
Excel Society (780) 455-2601

Caregivers Support

Bipolar Education Group (780) 342-7600
Anxiety and Depression Group (780) 342-7600
Schizophrenia Society of Alberta - Edmonton Chapter (780) 452-4661
The Support Network (780) 482-0198

Recreation and Social Programs

Canadian Mental Health Association (CMHA) Programs for Adults and Children (780) 414-6300

For more information, or if you cannot find the service you want, please call

within Edmonton 211
outside Edmonton (780) 482-4636
City of Edmonton 311



Addiction and Mental Health - Edmonton Zone

Pocket Guide to Community Supports

Programs within the Edmonton Zone

East Edmonton Health Centre

Addiction & Mental Health Services (780) 342-4908

Northgate Clinic

Addiction & Mental Health Services (780) 342-2700

Northeast Community Health Centre

Mental Health and Addiction Services (780) 342-4027

Fort Saskatchewan

Mental Health Services - Addiction & Mental Health (780) 342-2388
Fort Saskatchewan Health Centre (780) 998-2256
Addiction Services (780) 992-6267
RCMP (780) 992-6100
Child and Family Services - Region 6 (780) 992-6700

Leduc

Mental Health Services (780) 986-2660
Leduc Community Hospital (780) 986-7711
Addiction Services (780) 980-7580
RCMP (780) 980-7267
Child and Family Services (780) 986-7869

Morinville

Mental Health Services (780) 939-3388
Addiction Services (780) 460-4971
RCMP (780) 939-4520
Child and Family Services (780) 460-4970



Carolyn Newman, RPN, BScN
Mental Health Therapist
Addiction and Mental Health

Edmonton Mental Health Clinic, 108 Street Building
5th Floor, 9942 108 Street
Edmonton, Alberta T5K 2J5
Direct: 780.342.7610
Fax: 780.422.0832

www.albertahealthservices.ca