



YOUTH DIRECTORY



LEDUC
COUNTY

MENTAL HEALTH RESOURCES AND CRISIS SUPPORT LINES

Alberta Health Services (AHS) – child and adolescent mental health

- ▶ **780-342-2701**
- ▶ Short-term counselling
- ▶ Must have a mental health concern, such as anxiety or depression.

Alberta Health Services (AHS) Leduc mental health

- ▶ **780-986-2660** (adult intake)

Rutherford walk-in Mental Health Clinic

202, 11153 Ellerslie Road, Edmonton, AB

Hours: 12:30 to 4:30 p.m.



▶ **780-342-6850**

▶ Free service

▶ Offers solutions-focused therapy for children, youth and their parents/guardians who want to initiate change.

▶ A therapist will assist the client in talking about a specific issue and exploring solutions.

▶ Referrals to other community services may be offered.

▶ Phone ahead to ask how busy the clinic is and whether they can take additional patients due to capacity.

Aboriginal Psychological Services and Indigenous Psychological Services

- ▶ **aboriginalpsychologicalservices.com**
- ▶ A collaboration of culturally informed psychologists, counsellors and Knowledge Keepers that provide quality services towards the counselling process.
- ▶ Traditional principles of kinship help to support one another as well as support clients.

First Nations and Inuit Hope for Wellness Help Line (24 hours per day, 7 days per week)

- ▶ **1-855-242-3310**
- ▶ Culturally focused counselling in English, French and Cree, Ojibway and Inuktitut upon request.



Trans Lifeline

- ▶ **1-877-330-6366**
- ▶ Peer support by trans people for trans and questioning callers.

Inclusive Counselling and Consulting Psychological Services Inc.

204, 10339 124 St., Edmonton, AB

- ▶ **780-424-0783**
- ▶ email: **iccpsychservices@gmail.com**
- ▶ **www.iccpsych.com**
- ▶ Provides individual therapy for children, youth, adults and seniors, couples therapy and family therapy.
- ▶ Specializes in supporting sexual and gender minority (LGBTQIA2S+) children, youth and families.

Leduc County Family and Community Support Services (FCSS)

- ▶ **780-979-2385**
- ▶ **fcssinfo@leduc-county.com**
- ▶ **leduc-county.com/community-family**
- ▶ Counselling subsidy
 - ▶ A subsidy is available for individuals, couples and/or families who are struggling with common, everyday issues to access short-term preventative counselling services. This subsidy is available to those who do not have access to coverage through health benefits or employee benefits, and whose family income is less than \$75,000 per year.

► **Community helper's program**

Leduc County Family Resource Network (FRN) is offering Alberta Health Services Community Helpers Program, which is a suicide prevention program that is targeted for youth and adults aged 12 and over.

The program works with schools, clubs, volunteer associations and groups to identify people who stand out to youth and young adults as listeners. The program offers training to those people to become Community Helpers. Participants learn about mental health, suicide awareness and community resources that can assist people with mental health concerns.

For more info contact
frn@leduc-county.com.



City of Leduc Family and Community Support Services (FCSS)

- ▶ **780-980-7109**
- ▶ **www.leduc.ca**
- ▶ Subsidized counselling
 - ▶ FCSS provides subsidization to City of Leduc residents for short-term therapy. The program is available to families and individuals with no access to insurance, or an employee assistance program through your workplace, and who have an annual income of less than \$75,000.

City of Beaumont Family and Community Support Services (FCSS)

- ▶ **780-929-1006**
- ▶ **fcss@beaumont.ab.ca**

Family Support for Children with Disabilities (FCSD)

- ▶ **780-427-4354**
- ▶ **Alberta.ca/fscd**
- ▶ The FCSD program is based on the Family Support for Children with Disabilities Act (FCSD Act) and the FCSD Regulation. FCSD works in partnership with eligible families of children with disabilities to help parents with supports and services.

The Family Centre

- ▶ **780-497-7536**
- ▶ **www.the-family-centre.com**
- ▶ Sliding scale and subsidized counselling available
- ▶ Short-term counselling

The Family Centre (continued)

- ▶ Workshops such as parenting (variety of child ages and for blended families), anger management, self-esteem and couples communication.
- ▶ Translation and interpretation services.

Sexual Assault Centre of Edmonton (SACE)

- ▶ **780-423-4102**
- ▶ **www.sace.ab.ca**
- ▶ Free
- ▶ Short-term (no more than 15 sessions)
- ▶ Individual and group programs
- ▶ Trauma experts
- ▶ Play and movement therapy options



Canadian Mental Health Association (CMHA) (Edmonton)

- ▶ Distress line: **780-482-4357**
- ▶ Drop-in counselling
- ▶ Free
- ▶ Some evening hours
- ▶ Online crisis chat (specified hours):
Edmonton.cmha.ca/programs-services/online-crisis-chat

BGC Leduc

- ▶ **780-986-3121**
- ▶ **www.bgcleduc.com**
- ▶ Free youth programs, workshops and events

ACESO (Leduc)

- ▶ **780-986-8770**
- ▶ **www.acesomedical.ca/mental-health-services**
- ▶ Psychiatrist, psychologist or behavioural consultant services
- ▶ Behavioural consultant and psychologist is free up to four times per concern (short-term)
- ▶ Psychiatrist is not free, but will direct bill to benefits
- ▶ Parents call to set up an appointment

Mental Health Help Line (24 hours per day, seven days per week)

- ▶ **1-877-303-2642** (toll-free)

First Nations and Inuit Hope for Wellness Helpline

- ▶ **1-855-242-3310**
- ▶ **www.hopeforwellness.ca**
- ▶ Hope for Wellness Helpline is available 24 hours per day, seven days per week to all Indigenous people across Canada.

Suicide Prevention

- ▶ **1-833-456-4566** or text **45645**
- ▶ **www.crisisservicecanada.ca/en**

Support Network (all ages)

- ▶ **2-1-1**
- ▶ **www.ab.211.ca**

Rutherford Clinic – child and adolescent mental health walk-in services

202, 11153 Ellerslie Road, Edmonton, AB

▶ **780-342-6850**

Northgate Centre – child and adolescent mental health walk-in services

9499 137 Ave., Edmonton, AB

▶ **780-342-2700**

Alberta Health Services (AHS) Addictions and Mental Health

▶ Intake line: **780-342-2701**

Family Violence Info Line

▶ Call or text: **310-1818**

▶ **www.alberta.ca/family-violence-find-supports**

Togetherall

- ▶ **Togetherall.com**
- ▶ A peer-to-peer 24-hour connection for people who need someone to talk to. Alberta Health Services (AHS) developed Togetherall out of the need for mental health supports during the pandemic. It is not a crisis support line.

Alberta Health Link

- ▶ **8-1-1**

Kids Help Phone

- ▶ **1-800-668-6868** or text *CONNECT* to **686868**
- ▶ **Kidshelpphone.ca**
- ▶ **Kidshelpphone.ca/call**

Alberta Health Services 24/7 Mental Health Help Line

- ▶ **1-877-303-2642** (toll-free)

Canadian Mental Health Distress Line

- ▶ **780-782-4357**

Leduc Victim Services

- ▶ **780-980-7232**
- ▶ **www.leducvictimservices.ca**
- ▶ A variety of resources available for crisis situations and post-crisis care.

Mental Health Resource for Educators (MORE)

- ▶ **More.hmhc.ca**



The following apps focus on mindfulness, stress reduction and everyday mental health support and tips. These apps are all free, but some also have a paid option to access additional content.

- ▶ **Booster Buddy** — made by Vancouver Island Health, this app is designed to help establish and sustain positive wellness habits and earn achievements along the way.
- ▶ **InsightTimer** — in addition to meditation available in several languages, this app provides yoga, live events and the ability to take paid courses on various subjects.
- ▶ **Stop, Breathe & Think** — this app will ask you specific questions then identify a meditation based on how you feel.

Apps (continued)

- ▶ **Smiling Mind** — designed for all ages, this app features hundreds of meditations organized into categories like mindful foundations, sleep, relationships and workplace.
- ▶ **UCLA Mindful** — built by the Mindful Awareness Research Centre at UCLA, the app offers different meditations, working through difficult emotions and cultivating loving-kindness.
- ▶ **Calm** — this app has a seven-day program that makes it the ideal meditation app for beginners, but also includes a program for more advanced users.



Apps (continued)

- ▶ **Aura** — similar to Stop, Breathe & Think, Aura learns about you by asking questions. You then receive a daily three-minute mindfulness meditation based on your answers.
- ▶ **Headspace** — the free version of the app includes meditations and exercises that will teach you the essentials of meditation and mindfulness.
- ▶ **Mindshift** — developed by Anxiety Canada, this app is designed specifically for anxiety and addresses worry, panic, perfectionism, social anxiety and phobias.
- ▶ **Healthy Minds** — this problem-solving tool by The Royal helps you deal with emotions and cope with stresses students encounter both on and off campus.

ADDITIONAL INFORMATION, RESOURCES, TOOLS AND ARTICLES

These additional websites can help you navigate other aspects of wellness — from suicide prevention to body image to empowering gender diverse young people.

Indigenous Youth Suicide Prevention by the Government of Alberta

- ▶ **Alberta.ca/indigenous-youth-suicide-prevention**
- ▶ This site includes helpful, accessible information on suicide prevention and a chat service in Cree, Ojibway and Inuktitut.



Children Mental Health Learning Series

- ▶ **Alberta.ca/childrens-mental-health-learning-series**
- ▶ A Government of Alberta website that provides mental health resources to help caregivers, families and professionals support children and youth.

Mind Your Mind

- ▶ **Mindyourmind.ca**
- ▶ An Ontario-based resource that works with young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.



Wellness Together Canada

- ▶ **1-866-585-0445**
- ▶ Immediate crisis support: text **WELLNESS** to **741741**
- ▶ **Wellnesstogether.ca**
- ▶ A mental health and substance use website to support people across Canada and Canadians living abroad in both official languages.

Chantal Berube Youth Centre (Beaumont)

- ▶ **780-929-5155**
- ▶ **www.beaumont.ab.ca/recreation-activities/facilities**
- ▶ Drop-in centre for youth aged 12-17 to socialize with peers, build meaningful relationships, access mental health resources and social supports

Skipping Stone Foundation

- ▶ **587-333-4342**
- ▶ **Skippingstone.ca**
- ▶ This Alberta-based resource connects trans and gender diverse youth, adults and families with a comprehensive and low barrier access to support.

My Health Alberta

- ▶ **Myhealth.alberta.ca**
- ▶ A Government of Alberta website that helps young people understand and negotiate a healthy body image.



Bibliothèque de Beaumont Library

5700 49 Street, Beaumont, AB T4X 1S7

► **780-929-2665**

Calmar Public Library

4705 50 Avenue, Calmar, AB T0C 0V0

► **780-985-3472**

Devon Public Library

101 17 Athabasca Avenue, Devon, AB T9G 1G5

► **780-987-3720**

Leduc Public Library

2 Alexandra Park, Leduc, AB T9E 4C4

► **780-986-2637**

Libraries (continued)

New Sarepta Public Library

5150 Centre Street,
New Sarepta,
AB T0B 3M0



► **780-975-7513**

Thorsby Municipal Library

4901 48 Avenue Box 680, Thorsby, AB
T0C 2P0

► **780-789-3808**

Warburg Public Library

5212 50th Avenue, Warburg, AB T0C 2T0

► **780-848-2391**

RECREATION CENTRES

Arctic Spas Recreation Complex

4901 48 Ave., Thorsby, AB

- ▶ **780-789-4041**
- ▶ **Thorsby.ca/recreation**

Beaumont Sport and Recreation Centre

5001 Rue Eaglemont, Beaumont, AB

- ▶ **780-929-7946**
- ▶ **Beaumont.ab.ca/267/Beaumont-sport-and-recreation-centre**



Leduc Recreation Centre

4330 Black Gold Drive, Leduc, AB

▶ **780-980-7120**

▶ **Leduc.ca/lrc**

New Sarepta Agriplex

5088 1 Ave., South, New Sarepta, AB

▶ **780-941-3730**

▶ **Newsareptaagriplex.com**



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