



*serving all dystonia-affected persons  
d'esservant toutes personnes atteintes de dystonie*

## **ALBERTA**

### **ALBERTA**

Mental Health Helpline: 1 (877) 303-2642

Canadian Mental Health Association Alberta

Website: <https://alberta.cmha.ca/>

E-mail : [alberta@cmha.ab.ca](mailto:alberta@cmha.ab.ca)

Phone: (780) 482-6576

Address: 320 Ledgerview Business Centre

9707-110 Street NW

Edmonton, AB T5K 2L9

211 Alberta

Website: <http://www.ab.211.ca/>

E-mail: [info@ab.211.ca](mailto:info@ab.211.ca)

Phone: 2-1-1

Mental Health Foundation

Website: <https://mentalhealthfoundation.ca/>

Phone: (780) 342-7718

Address: 6th floor, 9942-108 St.

Edmonton, AB T5K 2J5

811 HealthLink Alberta

Phone: 8-1-1

### **Calgary**

Distress Centre Crisis Line: (403) 266-4357

Canadian Mental Health Association Calgary

Website: <http://cmha.calgary.ab.ca/>

E-mail: [info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

Phone: (403) 297-1700

Address: #105, 1040-7 Ave. SW  
Calgary, AB T2P 3G9

Access Mental Health Calgary Zone

Website: <https://www.albertahealthservices.ca/services/Page11443.aspx>

E-mail : [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)

Phone: (403) 943-1500 or 1 (844) 943-1500

The Homewood Clinic Calgary

Website: <https://homewoodhealth.com/clinics/anxiety-addiction-trauma-depression-treatment-calgary>

Phone: (403) 768-3199 or 1 (866) 492-6832

Elements Calgary Mental Health Centre

Website: <https://www.elementscmh.ca/>

Phone: (403) 266-8711

Address: 1019-7 Ave. SW

Calgary, AB T2P 1A8

Primary Care Network South Calgary

Website: <https://www.scpcn.ca/services/mental-health>

Phone: (403) 668-8600

Address: 4000,1800-194 Ave. SE

Calgary, AB T2X 0R3

Foundation for Addiction and Mental Health

Website: <http://www.famh.ca/>

Address: Suite 5316, 7005 Fairmount Dr. SE

Calgary, AB T2H 0K4

## **Edmonton**

Distress Line: (780) 482-4357

Canadian Mental Health Association Edmonton

Website: <https://edmonton.cmha.ca/>

E-mail: [main@cmha-edmonton.ab.ca](mailto:main@cmha-edmonton.ab.ca)

Phone: (780) 414-6300

Address: 300-10010 105 St. NW

Edmonton, AB T5J 1C4

## **Fort McMurray**

Canadian Mental Health Association Alberta North East

Address: <https://woodbuffalo.cmha.ca/>  
E-mail: [adminassistant@woodbuffalo.cmha.ab.ca](mailto:adminassistant@woodbuffalo.cmha.ab.ca)  
Phone: (780) 743-1053  
Address: 10019 MacDonald Ave., Suite 17B  
Fort McMurray, AB T9H 1S9

Primary Care Network Wood Buffalo  
Website: <http://wbpcn.ca/Programs/MentalHealth/Pages/AdultMentalHealth.aspx>  
Phone: (780) 714-2193  
Address: 301-108 Riverstone Ridge  
Fort McMurray, AB T9K 1S6

Borealis Counselling Services  
Website: <http://www.borealiscounselling.com/>  
E-mail: [info@borealiscounselling.com](mailto:info@borealiscounselling.com)  
Phone: (780) 791-1757  
Address: 5-118 Millennium Dr.  
Fort McMurray, AB T9K 2S8

### **Grande Prairie**

Canadian Mental Health Association Alberta Northwest  
Website: <https://www.gpcmha.ca/>  
E-mail: [info@gpcmha.ca](mailto:info@gpcmha.ca)  
Phone: (780) 814-2349  
Address : 9713 100 Ave.  
Grande Prairie, AB T8V 0T5

Thrive Counselling & Assessment  
Website: <http://thrivegp.ca/>  
E-mail: [thrivegp@telus.net](mailto:thrivegp@telus.net)  
Phone: (780) 831-6036  
Address: 107-10405-102 St.  
Grande Prairie, AB T8V 2W5

### **Lethbridge**

Canadian Mental Health Association Alberta South  
Website: <http://lethbridge.cmha.ca/>  
E-mail: [admin@cmhalethbridge.ca](mailto:admin@cmhalethbridge.ca)  
Phone: (403) 329-4775  
Address: 426 6 St. S  
Lethbridge, AB T1J 2C9

## Medicine Hat

Canadian Mental Health Association Alberta Southeast

Website: <http://cmha-aser.ca/>

E-mail: [pbromley@cmha-aser.ca](mailto:pbromley@cmha-aser.ca)

Phone: (403) 504-1811

Address: 204-1865 Dunmore Rd. SE  
Medicine Hat, AB T1A 1Z8

Primary Care Network Palliser

Website: <http://palliserpcn.ca/Resources/Pages/Mental-Health.aspx>

Phone: (403) 529-3500

Address: 346-3rd ST. SE  
Medicine Hat, AB T1A 0G7

## Red Deer

Canadian Mental Health Association Central Alberta

Website: <https://reddeer.cmha.ca/>

E-mail: [info@reddeer.cmha.ab.ca](mailto:info@reddeer.cmha.ab.ca)

Phone: (403) 342-2266

Address: 5017 50th Ave.  
Red Deer, AB T4N 4B2

Red Deer 49 Street Community Health

Phone: (403) 340-5466

Address: 4733 49 St.

Red Deer, AB T4N 1T6

## NATIONAL RESOURCES

Canadian Mental Health Association

Website: <https://www.cmha.ca>

E-mail: [info@cmha.ca](mailto:info@cmha.ca)

Address: Canadian Mental Health Association, National  
500-250 Dundas Street West  
Toronto, ON M5T 2Z5

National Network for Mental Health

Website: <http://www.nnmh.ca>

eMentalHealth.ca

Website: <http://www.ementalhealth.ca>  
Address: Children's Hospital of Eastern Ontario  
Suite 200, 311 McArthur Ave.  
Ottawa, ON K1L 8M3

## ONLINE RESOURCES

Online Therapy Unit  
Website: <https://www.onlinetherapyuser.ca>  
E-mail: [online.therapy.user@uregina.ca](mailto:online.therapy.user@uregina.ca)  
Phone: 1 (306) 337-3331  
Address: 3737 Wascana Parkway  
Regina, SK S4S 0A2

Therapy Assisted Online  
Website: <https://www.taoconnect.org>  
E-mail: [HowCanIHelpYou@taoconnect.org](mailto:HowCanIHelpYou@taoconnect.org)  
Phone: 1 (844) 438-8262  
Address: St.Petersburg Office  
600 1st Ave N  
Suit 305  
St. Petersburg, FL 33701

Big White Wall  
Website: <https://www.bigwhitewall.ca>