

Managing depression and anxiety in the community: An integrated treatment approach Community resources

Dr. Yakov Shapiro

Clinical

- Access 24/7 Adult Intake Services: Ph. 780-424-2424
Provides a single point of access to adult addiction and mental health community-based programs, including Alberta hospital based Opioid and Wellness Program and Alberta Mental Health clinics
- Addictions Services Edmonton: Ph. 780-427-2736
2a. Edmonton Opioid and Enhanced Addiction Clinic: Ph. 780-342-7810
Specialized consultations/management for a wide range of addiction presentations. Referral by fax: 780-342-7818
- Adult Community Neuropsychiatry Service: Ph. 780-342-7678
<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1134156#contentStart>
Assessment and management of neuropsychiatric syndromes, including traumatic brain injury/Tourette's
- Adult Fetal Alcohol Spectrum Disorder Assessment Clinic: Ph. 780-735-6166
<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1102586#contentStart>
- Alberta Mental Health clinics (access by referral from Access 24/7 program or at 780-342-7700) Supportive treatment under psychiatric supervision for chronic mental health population
- Child and Adolescent Services Association (CASA): Ph. 400-2271
<https://casamentalhealth.org/contact/>
A comprehensive range of psychiatrist-supervised programs for troubled children and adolescents. Referral required
- Edmonton Early Psychosis Intervention Clinic (EPPIC): Ph. 587-984-9244 EPPIC@ahs.ca
Specializes in first-episode psychosis assessment and treatment. Referral required.
- Elm Tree Clinic: Ph. (780) 904-3781 <https://elmtreeclinic.ca/psychiatry/>
A psychiatrist-supervised clinic for problem infants and toddlers below the age of 3. Referral required.
- Geriatric Central Access: Phone: 780-401-2665 Fax: 780-735-3553 (Fax Referral)
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1019656&serviceAtFacilityID=1053880>
A wide range of services for psychogeriatric population including diagnostic/psychopharmacology consults, therapy/support programs, and neuropsychological testing. Referral by Fax:780-735-3553

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- Grey Nuns Group Psychiatric Outpatient Program: Fax: 780-735-7298
<https://www.covenanthealth.ca/hospitals-care-centres/grey-nuns-community-hospital/mental-health/>
A 12-week day hospital outpatient group therapy program that offers comprehensive treatment for a wide range of psychiatric presentations. Runs on Tuesday through Fridays of each week. Access by faxed referral
- Integrated Psychotherapy/Psychopharmacology Service (IPPS): Ph: 780-490-1014
Psychiatrist-run adult assessment for treatment-resistant depressive, anxiety, trauma, and personality disorders, with associated individual/group therapy programs. Referrals from family Dr's or allied health professionals. Contact Dr. Y. Shapiro, Fax: 780-462-1155
- Misericordia Group Outpatient Program: Ph. 780-735-2792
Adult and adolescent group therapy programs geared to skills-based training. Referral by fax: 780-735-2549
- Neuromodulation Clinic: Ph. 780-725-5283
<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityId=1131134#contentStart>
Regional outpatient electrotherapy referrals
- Royal Alexandra Group Outpatient Program: Ph. 780-735-4181
Outpatient group therapy programs specializing in mixed axis I/axis II presentations. Referral by fax: 780-735-4797
- Soluna Wellness Centre: Ph. 780-913-8205 <https://solunawellnesscentre.com/>
Psychiatrist-run group program for abused women. Contact: Dr. Jane Carr
- University Evening Treatment Program: Ph. 780-6172
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=5780&serviceAtFacilityID=1005329>
A comprehensive outpatient group therapy program that runs 5 nights a week for 18 weeks. Specifically designed for chronic psychiatric presentations in higher-functioning working population. Participants have to work, study or volunteer at least 20 hours per week and be drug/alcohol free. Referral by fax: 780-407-6470

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Therapy and Low-cost Counseling Services

- Access Open Minds: Ph. 780-887-9781
https://accessopenminds.ca/our_site/edmonton-ab-2/
Programs for young adults up to the age of 25. Includes a self-referral walk-in clinic.
- Affordable Therapy Network:
<https://affordabletherapynetwork.com/edmonton/>
A list of therapists offering sliding scale fees in the local area
- Alliance Counseling: Ph. 587-557-2233
<https://www.alliancepsych.ca/low-cost-counselling>
Sliding scale counseling for individuals, couples, children & family
- Catholic Social Services Counseling Centre: 780-391-3233
<https://www.cssalberta.ca/Our-Services/Mercy-Counselling>
Sliding scale counseling for individuals, couples, children & family
- Community Counseling Centre: Ph. 780-482-3711
<https://www.communitycounsellingcentre.ca/>
Sliding scale counseling for individuals, couples, children & family
- Cornerstone Counseling: Ph. 780-482-6215
Sliding scale individual/couple's/family counseling, individual and group
- Edgar Psychological: Ph. 780-860-7338
Sliding scale individual/couple's/family counseling
- Edmonton Family and Community Support Services (FCSS): Ph. 780-496-4932
https://www.edmonton.ca/programs_services/for_communities/family-community-support-services-program
Counseling programs covered by AHS



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Therapy and Low-cost Counseling Services

- Edmonton Family Centre: Ph. 780-423-2831/900-6274
<https://www.familycentre.org/counselling>
A wide range of services, including individual, couple's and family therapy, specific workshops and program for children
- Edmonton Violence Prevention Centre: Ph. 780-439-4635
<https://www.edmontonvpc.ca/our-programs/changing-ways/> Individual and group counselling for perpetrators of family violence. Covered by AHS
- Grief and Trauma Healing Centre: Ph. 780-288-8011
https://www.healmyheart.ca/?gclid=Cj0KCQjw0IGnBhDUARIsAMwFDLnWEWsqsnAy4Ja01OwtqXXd5hDB0B32yjPJ6R8PvQNosuAoXKm7kiEaAulnEALw_wcB
- Janet Caryk Psychological Services: Ph. 780-455-8133
www.nomorefear.org Expert treatment of treatment-resistant OCD/anxiety presentations
- Jewish Family Services Counselling Centre: Ph. 780-454-1194
<https://www.jfse.org/> Sliding scale counselling for individuals, couples, children & family
- KARA Family Resource Centre: Ph. 478-5396
<http://www.kara-frc.com/> A wide range of family resources covered by AHS
- Mennonite Counselling Services: Ph. 780-424-7709
<https://emcn.ab.ca/program/therapeutic-counselling-services/> Subsidized counselling services for new immigrants (men, women, and children) with a history of trauma
- Momentum Counselling: Ph. 780-757-0900
<https://momentumcounselling.org/> Programs for emotional regulation, anxiety, and depression, some covered by AHS. Self-referral
- Native Counselling Services: Ph. 780-451-4002
<https://www.ncsa.ca/> Counselling for Indigenous population
- Pilgrims Hospice: Ph. 780-413-9801
<https://pilgrimshospice.com/> Loss and grief programs for adults. Day program available.

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Therapy and Low-Cost Counseling Services

- Pine Cone Health: Ph. 587-855-5598
<https://pinehealth.ca/low-cost-counselling/>
Sliding scale counselling for adults, children and families (\$50/session)
- Sexual Assault Centre of Edmonton (SACE): Ph. 423-4102
<https://www.sace.ca/>
- Solace Psychology: Ph. 780-702-1079
<https://solacepsych.ca/therapy-fees-edmonton/affordable-low-cost-counselling/>
Sliding scale counselling for adults, children and families
- YWCA Trauma Centre: 780-970-6501
<https://ywcaofedmonton.org/programs-and-services/counselling-centre/>
Affordable individual and group counselling for everyone (sliding scale of \$5 - \$200). No one turned away, even for those who cannot pay. Expert, trauma-informed support to survivors of gender-based violence and human trafficking. Support to survivors of all forms of domestic violence and members of marginalized communities.

Crisis Support

- 211 Helps Albertans find the right resource or service for whatever issue they need help with. Available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.
- AHS Addiction Helpline: 1-866-332-2322. Translation services are available.
- AHS Mental Health Helpline: 1-877-303-2642. Translation services are available.
- Distress Line: 780-482-4357 (HELP)
- Edmonton Crisis Line: 780-482-4357/780-342-7777
- Suicide Helpline: 1-877-303-2642

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Vocational/Support services

- EmployAbilities
<https://employabilities.ab.ca/>
- On-Site Placement
<https://osp.ab.ca/>
- Changing Together: Centre for Immigrant Women: Ph. (780) 421-0175
<http://www.changingtogether.com/>
- Chrysalis Society for Disabled
<https://chrysalis.ca/>
- CMHA Edmonton Support Network: Ph. 780-757-0900
<https://edmonton.cmha.ca/>
<https://www.yellowpages.ca/bus/Alberta/Edmonton/The-Support-Network/3757560.html>
- Edmonton WIN House
<https://www.winhouse.org/>
- SAGE Seniors Association
<https://www.mysage.ca/>
- Society of the Retired and Semi-retired
<https://cityarchives.edmonton.ca/society-of-the-retired-and-semi-retired>

Reference and Self-Help Websites

- Alberta Referral Directory: <https://albertareferraldirectory.ca/PublicSearchController?direct=displaySpecialistSearch#top>
- Inform Alberta: <https://informalberta.ca/public/common/search.do>
- CADDRA: Canadian ADHD Resource Alliance : An independent, not-for-profit, resource organization for medical, healthcare and research professionals with an interest in the field of ADHD
<https://www.caddra.ca/>
- Wellness Together Canada: <https://www.wellnesstogether.ca/en-ca/>
- Free resources for mental health and substance use support. Available free, 24/7