



INDIGENOUS URBAN ALBERTA MENTAL HEALTH RESOURCES

The following are useful phone numbers and help lines that anyone can contact for support.

Canadian Mental Health Association Edmonton Distress Line	780-482-4357	24 hours 7 days per week
Inuit & First Nations Hope for Wellness Line	1-855-242-3310	Inuktitut, Cree, Ojibway, English & French
Indian Residential School Support Line	1-800-464-8106	
LGBTQQ2SI Youth Line Peer Support	Call 1-800-268-9688 Text 647-694-4275	
Briteline Edmonton Mental Health	1-844-702-7483	24 hours 7 days per week
Alberta Indigenous Virtual Care Clinic	1-888-342-4822	
Alberta Health Services Addiction Support Line	1-866-332-2322	24 hours 7 days per week
Alberta Health Services Mental Health Help Line	1-877-303-2642	24 hours 7 days per week

The following are emergency shelters for women and families in Edmonton, Calgary and Fort McMurray, for a complete list please visit: <https://www.alberta.ca/find-shelters>

Calgary

Awo Taan Emergency Shelter
Phone: 403-531-1972 or 403-531-1976
Calgary Women's Emergency Shelter
Phone: 403-234-7233
YW Sheriff King Home
Phone: 403-266-0707

Edmonton

WIN House
Phone: 780-479-0058
Lurana Shelter
Phone: 780-424-5875

Fort McMurray

Unity House Emergency Shelter
Phone: 780-743-1190



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The following are mental health professionals who have self-identified as Indigenous on their Psychology Today profiles, a comprehensive website where mental health professionals post their qualifications and their services. ICAA is submitting this list as a tool to support community members and does not endorse or receive any incentives from any of these individuals. We do our best to keep this list up to date and are not responsible for any practitioners who are not taking in new clients or for any other issues.

 Firefly Counselling Therapy for First Nations, Inuit & Metis	587-400-0302	firefly@fireflycounselling.ca
Cornerstone Counselling (Accepts NIHB)	780-482-6215	
Aboriginal Counselling Services of Alberta	780-448-0378	
Gwen Villebrun (Edmonton)	780-293-8997	gwen@gwenvillebrun.ca
Tayler Schenkeveld (online)		sageandcedar.arttherapy@gmail.com
Sharon Ann Foster (Calgary & online)	(825) 250-3351	sharonannfostercc@gmail.com
Randi Sager Indigenous Counselling (Okotoks)	(587) 803-4823	
Wanda Swan (Lac La Biche & online)	(587) 328-5526	
Mackenzie Kuzyk (online)	250-806-0455	inquiries@ourlandingplace.com
Healing Pathways Counselling (Lethbridge & online)	403-593-1807	shelleypompana@ymail.com
Four Directions Counselling (Fort Saskatchewan & online)	780-380-0392	fourdirectionshc@outlook.com
Dana Lameman (Edmonton & online)	587-802-8236	dana.lameman@outlook.com
Sikotan Ikimmapii (online)	403-466-0139	
Shauna Lively (Grand Prairie & online)	587-605-1264	admin@ihlcounselling.com
Leigh Sheldon (Edmonton)	587-594-9855	