**Free & Low Cost Mental Health Services Available in Edmonton**

**Access 24/7** **Addiction and Mental Health Services**

T:780-424-2424

Provides a single point of access for adult mental health and addiction community programs at Anderson Hall, across from the Royal Alexandra Hospital emergency department

**Catholic Social Services**

T: 780-391-3233

W: <https://www.cssalberta.ca/>

Provides counselling on sliding scale. Clients do not need to be of the Catholic faith to access this service.

**Community Counselling Centre**

T: 780-482-3711

W: communitycounsellingcentre.ca

Offers individual, couples, family, and group counselling on a sliding fee scale.

**Cornerstone Counselling**    
T: 780-482-7199

W: <http://www.cornerstonecounselling.com/>

Provides subsidized counselling on individuals, couples, or families.

**Drop in YEG**

T: 780-423-2831  
W: [dropinyeg.com](http://dropinyeg.com/)

Provides free walk-in single session counselling services to individuals, couples, and families.

**Islamic Family Services**

T: 780- 430-9220

W: http://www.ifssa.ca/counselling

Provides Islamic centered counselling, available on a sliding fee scale.

**Jewish Family Services**

T: 780-454-1194

W: <http://www.jfse.org/programs-services/integrity-counselling-service/>

Low to no cost trauma counselling available for individuals, couples, children, families or groups. Clients do not need to be of the Jewish faith to access this service.

**Momentum Walk In Counselling**

T: 780-757-0900

W: <https://www.momentumcounselling.org/>

**Sexual Assault Centre of Edmonton**

T: 780-423-4102

W: <https://www.sace.ca/sace-services/adult-counselling>

Offers free and sliding fee scale for individual and group counselling for men, women, children.

**The Family Centre**

T:780-424-6103

W: <https://www.the-family-centre.com/>

Offers individual and group counselling on a sliding fee scale.

**University of Alberta Faculty of Education Clinical Services**

T:780- 492-3746

W: <http://www.edpsychology.ualberta.ca/CentresAndInstitutes/ClinicalServices.aspx>

Low cost counselling provided by masters level psychology students.

**YWCA**

T: 780- 423-9922

W: <https://ywcaofedmonton.org/programs-and-services/counselling-centre>

Provides individual and group counselling based on your financial ability, starting as low as $5/hr.