

The Alberta College of Paramedics believes that to provide the best care possible to Albertans, our members' health, which includes mental health, is of the utmost importance. If you or someone you know is in need of support, please reach out to one of these organizations.

Alberta Critical Incident Provincial Network

Call 1-833-894-2476 if you require immediate assistance.

The ACIPN is a peer led, peer driven support network of first responders for first responders, whose volunteers are trained in best practices and deliver support in accordance with the ACIAC standards. ACIPN now offers 24/7/365 peer support after a crisis.

<https://abcism.ca/wp-content/uploads/2019/06/ACIAC-Stress-Brochure-2019.pdf>

Alberta Health Services

Toll-free, 24/7 support: 1-877-303-2642

Provides 24/7 confidential, anonymous service, crisis intervention, information about mental health programs and services and referrals to other agencies if needed. For more, visit:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

Calgary Counselling Centre

Register by phone at 1-833-827-4229, Monday to Friday 9 am to 4 pm.

The Calgary Counselling Centre was founded in 1962 and are focused on providing the best counselling treatment possible. They offer counselling for individuals & couples and parents & families.

For more information visit <https://calgarycounselling.com/>

Canadian Institute for Public Safety Research and Treatment (CIPSRT)

Online therapy for Public Safety Personnel (PSPNET). PSPNET was developed with first responders, for first responders and is available for PSP and their families across Canada. The PSPNET service is free, confidential and does not require a referral.

Online Courses for PSP and their spouses are available here [PSPNET | Online Courses](#)

Canadian Mental Health Association

In crisis? Please call 1-833-456-4566 toll free, 24/7 or visit www.crisisservicescanada.ca.

Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. CMHA provides advocacy, programs and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.

All of Alberta	211
CMHA Edmonton Region	780-482-4357
CMHA Calgary Region	403-297-1402
Calgary Counselling Centre	403-691-5991
Distress Centre Calgary	403-266-4357

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Carewest (EMS who have worked in the Canadian Forces)

Carewest Operational Stress Injury (OSI) Clinic specializes in mental health services for veterans and members of the Canadian Forces. The Carewest OSI Clinic accepts referrals from Canadian Forces' medical officers or health services coordinators. Once a client is referred to the Carewest OSI Clinic, a new assessment is performed and a clinical team collaborates to create a treatment plan. Family support is encouraged in client care. For more information: www.carewest.ca or call 403-216-9860 (Calgary).

Crisis Services Canada

Crisis Services Canada (CSC) is a national network for existing distress, crisis and suicide prevention line services. Services are available across Canada via toll-free phone, chat or text in English and French.

Call: 1-833-456-4566 (available 24/7)

Text: 45645 (available daily 4 pm – 12 am ET)

Chat via the website <http://www.crisisservicescanada.ca/en/>

Distress Centre

24-hour support: 403.266.4357

Are you worried about losing your job – struggling with addiction – grieving the loss of a loved one – getting over a recent break-up – feeling lonely or isolated – having thoughts of suicide – worried you can't pay your mortgage or utility bill? Our highly trained volunteers and professional staff are here for you 24/7 if you need someone to talk to. Your call will be confidential.

DrugRehab.ca

DrugRehab.ca has created a comprehensive web page with information on substance use in Alberta.

[List of Alberta drug Rehab Centers](#)

More information: 1.877.254.3348

Employer Resources

Many employers offer third-party, mental health resources as part of their overall Employee and Family Assistance programs. These resources are usually managed exclusively from other health benefits and cannot be traced back to you if you choose to use them. Check with your employer to see if this is part of what they can offer you.

EHN Sandstone (EHN Canada)

EHN Sandstone in Calgary, is one of the treatment centres with EHN Canada. The EHN model is designed for Canadian Forces and Veterans Affairs Canada, RCMP and First Responders. Sandstone is committed to providing the most effective, individualized, evidence-based treatment programs for addiction and concurrent mental health disorders.

Call: 1-587-316-3865

<https://www.ehnsandstone.com/>

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Legacy Place Society

FOR IMMEDIATE HELP: call 403-201-9945

Legacy Place Society was founded in 1997 by a group of Alberta police officers to help police, fire, EMS and dispatchers manage the stresses of being a first responder. They provide confidential and safe transitional housing (individually or as a family) for well-being and security; as well as access to professional support, to help members recover quickly from a broad range of serious difficulties. The society also provides a confidential crisis response by telephone that facilitates connection to professional and peer support. For more information, visit: <https://legacyplacesociety.com/>

Mental Health Commission of Canada

Mental Health Commission of Canada (MHCC) has designed a program, The Working Mind First Responders (TWMFR) to help individuals cope with stress and improve their mental health and resiliency. Included in the program are a self-assessment tool and a set of evidence-based, cognitive behavioural therapy techniques. For more information:

<https://www.mentalhealthcommission.ca/English/working-mind-first-responders>

Rivers Edge Counselling Centre

Rivers Edge Counselling Centre is located in St. Albert and provides counselling and psychological services to individuals, couples and families. For more information:

<https://www.riversedgecounselling.com/>

Suicide Crisis Helpline – 988

A safe space to talk, 24 hours a day, every day of the year. Call or text.

For more information: <https://988.ca/>

The Homewood Clinic

Homewood Health has five locations across Canada including Edmonton and Calgary, and with 135-years of experience are leaders in the treatment of depression, anxiety, PTSD and addiction. Individuals can call themselves or be referred by another healthcare professional. For more information:

<https://homewoodhealth.com/clinics/overview>

Edmonton contact: call 780-809-5004 or 1-866-978-4915

Calgary contact: call 403-768-3199 or 1-866-492-6832

Thrive Life Counselling & Wellness

Thrive Life Counselling & Wellness is located in Langley, BC but they do offer online sessions for clients who are unable to attend in-person. Please indicate on the intake form and with the counsellor. Individuals do not need a referral to see one of the counsellors.

[ThriveLife Counselling & Wellness - Counselling in Langley, B.C. & Area \(thrive-life.ca\)](https://thrive-life.ca)



MENTAL HEALTH RESOURCES

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Wise Equestrian Rentals

Wise Equestrian's mission is to put first responders first by helping them and their families prevent and recover from PTSD and other mental health concerns related to their occupations. Through equine assisted learning programs Wise Equestrian provides different programs to aid participants in developing/building on skills through the proven effective form of delivery.

[Wise Equestrian \(google.com\)](https://www.wiseequestrian.com)

Workers' Compensation Board

PTSD may be work related and is covered under policy for all workers, with each claim considered on a case-by-case basis. Compensation benefits are provided when it is confirmed through medical diagnosis and WCB's follow-up information gathering that the PTSD diagnosed is work related. For more information: https://www.wcb.ab.ca/assets/pdfs/providers/HCP_PTSD.pdf or call: 1-866-922-9221 (within AB) or email: contactcentre@wcb.ab.ca.

Health is physical, mental, emotional and spiritual.

Seeking help as soon as you identify an issue is extremely important, for your wellbeing as well as for your family and patients' best interests.