

Mental Health Resources

- ◆ For United Church employees: Green Shield provides coverage that includes:
 - ◆ Employee assistance program (EAP), provided by Shepell.fgi: offering immediate, confidential short-term counselling, available 24 hours a day, 7 days a week by calling 1-844-880.9142
 - ◆ Covers diagnosis, assessment, and treatment by a fully qualified, registered, legally practising psychologist or MSW. Basic: 80% coverage up to \$3,000 per person per calendar year. Optional: 80% coverage up to \$5,000 per person per calendar year. Doctor's letter is required.
- ◆ Other resources include:
 - ◆ The federal [Wellness Together Canada](#) program, which connects Canadians to peer support workers, social workers, psychologists and other professionals for confidential chat sessions or phone calls, and makes it easier to find credible information and help address mental health and substance use issues. It also offers immediate crisis support by texting 741741 or calling local 911.
 - ◆ Adult support information is available at: <https://ca.portal.gs/>
 - ◆ Provincial government information and help is available by calling [1-877-303-2642 \(Toll free\)](tel:1-877-303-2642) or visiting <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>
 - ◆ Canadian **Mental Health** Association (CMHA) Distress line 780-482-HELP (4357)
 - ◆ City of Edmonton: Access 24/7 call 780.424.2424. Provides a single point of access to adult addiction and **mental health** community based programs.
 - ◆ Children and **Mental Health** Crisis/Mobile Response Team — 780.407.1000.