

If you believe you are in a **crisis** and need to speak with a counsellor immediately you can call a 24-hour crisis line.

Crisis lines are completely confidential and provide immediate support at any time of the day.

**In Edmonton call: (780) 482 HELP (4357)**

**Outside Edmonton call: 1 800 232 7288**

If you are experiencing **violence**, and need a **safe place** to stay or you just want to talk with someone, there are many confidential resources available:

**A Safe Place (Sherwood Park)**

(780) 464 7233 – 24 hours

**Laurana Shelter (Edmonton)**

(780) 242 5875 – 24 hours

**WIN House (Edmonton)**

(780) 479 0058 – 24 hours

**Alberta Shelters**

1 866 331 3933 – 24 hours

**24 Hour Violence Support Line (Alberta wide)**

310 1818

If you have experienced recent or past sexual assault/trauma and would like to speak with a counsellor, there are several confidential resources available:

**Sexual Assault Centre of Edmonton**

(780) 423 4102

**24 Hour Sexual Assault Crisis Line**

(780) 423 4121

**Alberta Sexual Assault Centers**

[www.aasas.ca/index.php/main/page/do-you-need-help-now-2010-09-27-17-09-34](http://www.aasas.ca/index.php/main/page/do-you-need-help-now-2010-09-27-17-09-34)

There are many resources on the internet that can be helpful for a person struggling with a present or past abortion.

[www.womanshealthoptions.com](http://www.womanshealthoptions.com)

[www.prochoice.org](http://www.prochoice.org)

[www.hopeclinic.com](http://www.hopeclinic.com)

[www.abortionconversation.com](http://www.abortionconversation.com)

[www.catholicsforchoice.org](http://www.catholicsforchoice.org)

[www.exhaleprovoice.org](http://www.exhaleprovoice.org)

[www.rcrc.org](http://www.rcrc.org)

[www.theabortiondiaries.com](http://www.theabortiondiaries.com)

[www.pregnancyoptions.info/emotional&spiritual.htm](http://www.pregnancyoptions.info/emotional&spiritual.htm)

[www.45millionvoices.org](http://www.45millionvoices.org)

[www.arts4choice.com](http://www.arts4choice.com)

[www.abortionchronicles.com](http://www.abortionchronicles.com)

[www.theabortionproject.org](http://www.theabortionproject.org)

[www.canadiansforchoice.ca](http://www.canadiansforchoice.ca)

[www.arcc-cdac.ca](http://www.arcc-cdac.ca)

## ***Do I need to see a counsellor?***

I am having trouble communicating with my family, friends and co-workers.

I am in more conflict than usual – at home, at work and in my community.

My worries get in the way of my day-to-day activities.

I am eating, drinking alcohol, using substances, and smoking more or less than usual.

I feel sad and/or angry more than usual.

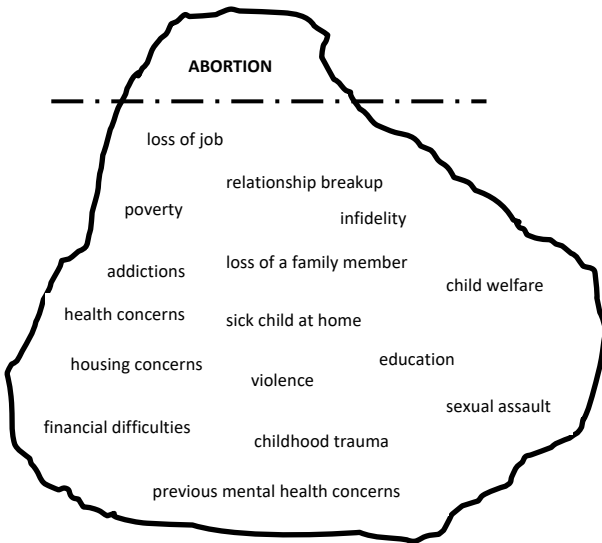
I am anxious and don't know how to manage the anxiety.

I am numb.

**If the above statements describe how you are feeling or prompt more questions for you, a counsellor might be a helpful and safe way of sorting things out.**

Abortion affects people on various levels; many times, you may feel a range of emotions that can be overwhelming.

People who choose abortion do not experience it in a vacuum; usually there are many factors that influence a person to choose abortion and the abortion is the tip of the iceberg in a series of events.



Abortion, combined with a series of stressful life events can affect a person's mental, emotional, and spiritual health. In stressful times it can be helpful to seek out the support of a professional counsellor who may be able to help you develop tools to cope with all of life's challenges.

We have provided some resources to contact for support.

#### Rural Resources- 211 Alberta

<https://ab.211.ca/>

211 is a helpline and online database of Alberta's community and social services for urban centers and rural areas.

Woman's Health Options Ltd.  
12409 – 109 A Ave. Edmonton  
(780) 484-1124

[www.womanshealthoptions.com](http://www.womanshealthoptions.com)

Free counseling

Heather Mackay, MSW, RSW  
9412-91 St., Edmonton  
(780) 886 - 1007

[www.pointonthepath.com](http://www.pointonthepath.com)

Sliding scale for fees

YWCA Counseling Services

[www.ywcaofedmonton.org](http://www.ywcaofedmonton.org)

Sessions are partially or fully subsidized

The Family Centre  
#20 9912-106 St., Edmonton  
(780) 424 - 5580

[www.the-family-centre.com](http://www.the-family-centre.com)

Sliding scale for fees

Integrity Counselling Services/Edmonton Healing Centre  
for Grief and Loss (Jewish Family Services)  
#100 8702 – Meadowlark Rd., Edmonton  
(780) 454 - 1194

[www.ifse.org](http://www.ifse.org)

Sliding scale for fees

Faculty of Ed. Clinical Services  
1-135 Education North Building U of A  
(780) 492 - 3746

Available Sept. through April

One-time fee of \$50

Laura Kennedy  
Registered Psychologist  
11309 100 Ave., Edmonton  
(780) 756 – 7020

[www.theravive.com/therapists/Laura-Kennedy.aspx](http://www.theravive.com/therapists/Laura-Kennedy.aspx)

Call for fees

Nicole Perry, MA  
1114 82 ave, Edmonton  
(780) 413 - 4600

[www.feministcounseloredmonton.com](http://www.feministcounseloredmonton.com)

Call for fees

Riverwalk Counselling – Robin Mott  
Registered Psychologist  
10157 – 122 St., Edmonton  
(780) 453 – 1114

Payment plans can be arranged; call for fees

Edmonton Psychological Group  
#312, 9707 – 110 Street  
(780) 454 – 0162

[www.edmontonpsychologicalgroup.com](http://www.edmontonpsychologicalgroup.com)

Call for fees

Momentum Counselling  
Suite # 706, 5241 Calgary Trail  
Sliding scale for fees \$10 - \$200  
780 757 0900

[www.momentumcounselling.org](http://www.momentumcounselling.org)  
[info@walkinedmonton.org](mailto:info@walkinedmonton.org)

Cross & Magill Psychological  
#101, 10411 – 122 Street  
(780) 488 – 7924

[www.crossmagill.com](http://www.crossmagill.com)

Call for fees

Exhale Pro-Voice  
1- 866-4-Exhale  
<https://exhaleprovoice.org/>  
Post Abortion Talk-Line

Updated May /2022