

Emergency 911

Suicide Crisis Hotline 988 (phone or text)

- Community Services Line 211
- Health Link 811
- Your Family Physician for support and referral
- Your Employee Assistance Plan/Provider (EAP)
- Distress Centre
 - 24 Hour Crisis line (403) 266-HELP (4357) – call or TEXT or 403-543-1967 (Hearing impaired).
 - Online CHAT www.distresscentre.com
 - 24 Hour Teen Crisis line (403) 264- TEEN (8336) www.CalgaryConnecTeen.com * Language line available
 - Short term counselling available (6 sessions)
- Alberta Health Services- Mobile Response Team - access by calling the Distress Centre – 403-266-4357

As an Employer you can call and receive advice when assisting an employee in crisis.

Walk in Counselling:

- Urgent Mental Health Services (South Calgary Health Centre (SCHC) or Sheldon Chumir Health Centre) or any Hospital Emergency Room
- Counselling @ South Calgary Health Centre- Call from 8-4 pm – Sessions daily 12 – 7pm *Book ahead 403-943-9374
- Community Connect YYC – www.communityconnectyyc.ca Online or in person for adults, children, and persons with disabilities - Rapid Access Counselling-Monday 9-5 pm, Tuesday and Wednesday 9-8pm, Thursday 9-5 pm.
- Eastside Community Mental Health Centre (Woods Homes, Youth, Family, and In-home Support) - Pre-book phone, video and in-person appointments at 403-299-9696 or Email: etherapy@woodshomes.ca Times: Tuesday (11-7 pm) and Saturday (11-5 pm)
- Woods Homes Walk in (At local libraries) – Crowfoot Library -Monday 2-8 pm, Shawnessy -Wednesday 2-8 pm, Central Library- Tuesday, Wednesday 11-5 pm, Thursday 2-8 pm, Friday 12-6 pm. * Ask Library Staff for directions to the counsellor's location in the various libraries.
- Kindred Connections Society (formerly Catholic Family Services) Walk in Counselling by donation (no proof of income required) 403-233-2360 or email intake@kindred.ca
- One Step at a Time – Calgary Foothills PCN –1-855-792-3726 (Crowfoot) – To access you must have an Alberta Health Care Card and a family doctor (Available 8:30- 130 -pm Monday-Friday, not Wednesdays).
- Youth Walk in and Family Support -The Summit (AHS) 587-534-7200 – (17 years and under)- Monday -Sunday 10 am -8:30 pm.
- Access Mental Health (Alberta Health Services) 403-943-1500
- Canadian Mental Health Association 403-297-1700 * Press 5- Peer Support -Monday-Friday 11 am – 4pm
- Addictions (Alberta Health Services- Adults) -Telephone and in-person counselling (Drop in at 12:30 pm weekdays)- 403-367-5000
- (AHS) Addictions Helpline 1-866-332-2322 - 24 Hours
- Bullying Helpline 1-888-456-2323 - 24 Hours www.bullyfreealberta.ca
- DOAP Helpline (Alpha House Downtown Outreach for Addiction/Homeless/ Non-emergency) 403- 998-7388
- Child and Family Services/ Child Intervention Unit- 1-800-387-5437 - 24 Hours for Financial Assistance, support for Seniors, support for Disability and Income Support (press 6)
- Income Support Contact Centre – Financial help for basic needs (e.g., food, clothing, shelter) 1-866-644-5135 (Press 4 for Emergency benefits)-24 Hours www.alberta.ca
- Kids Help Phone 1-800-668-6868 - 24 Hours (APP: Always There) www.kidshelpphone.ca
- Poison Control Service - 1-800-332-1414 - 24 Hours
- CIWA (Calgary Immigrant Women's Assoc.) 403-263-4414 <https://ciwa-online.com/newcomer-services/>
- Centre for Newcomers (Calgary) 403-569-3325 www.centrefornewcomers.ca/therapyandsupport
- Domestic Violence
 - Connect Helpline (Calgary Women's Emergency Shelter) 403-234-7233 for men and women in need. www.calgarywomensshelter.com and www.fearisnotlove.ca www.menand.ca
 - Sheriff King YWCA of Calgary Crisis Line and Shelter 403-266-0707 www.ywcalgary.ca
- First Nations Health Authority - Residential School Survivors and Family Crisis Line 1-866-925-4419
- Hope for Wellness - Crisis Line for First Nations, Inuit, and Metis 1-855-242-3310 online and phone support. <https://www.hopeforwellness.ca>
- Foodbanks at: www.Foodbanksalberta.ca
- Adults Living with Advanced Illness and the Children's Grief Centre 403-263-4525 www.hospicecalgary.ca
- AHS Grief Support Program 403-955-8011
- Kerby Center (ages 65+) 403-265-0661
- Senior Connect/The Way In (Access via Distress Centre at - 403-266-4357)
- Calgary Counselling Centre 1-833-827-4229
- Centre for Sexuality - short-term counselling related to relationships, sexuality, gender and sexual diversity and sexual health. 403-283-5580 intake@centreforsexuality.ca www.centreforsexuality.ca
- Calgary Communities Against Sexual Abuse Support and Information Line (CCASA) 403-237-5888 www.calgarycasa.com
- Calgary Family Therapy Program 403-802-1680
- CARYA - Individual and Family Support and Services (Counselling/Older Adults/Adoption Counselling) 403-269-9888
- YW Calgary - Housing, Domestic Violence, Family Access, Counselling, Child-Care, Family Resources 403-536-2844
- Suicide Prevention Training – Abridge Consulting www.abridgeconsulting.ca
- Kickstand Connect www.mykickstand.ca/connect No cost mental health support for young people ages 12-25.
 - Confidential virtual clinic. Walk-in mental health and/or substance use counselling
- Trellis Society – (Sliding scale, fee per service) in-person, video or phone -email: therapyreferrals@growwithtrellis.ca www.growwithtrellis.ca