

# Mental health community resources

JANUARY 2024

Help in a crisis ( <i>no fee</i> )	
<b>911</b> for immediate help <ul style="list-style-type: none"> <li>Emergency services.</li> </ul>	
<b>AHS Mental Health Help Line</b> <ul style="list-style-type: none"> <li>24/7 crisis line</li> <li>Information about mental health programs and services</li> </ul>	<b>1.877.303.2642</b> <i>(Toll free within Alberta)</i>
<b>Canada Suicide Prevention Hotline</b> <ul style="list-style-type: none"> <li>24/7 suicide prevention service</li> </ul>	<b>9-8-8</b>
<b>Community Resource Team – Wood’s Homes</b> <ul style="list-style-type: none"> <li>24/7 crisis phone counselling for all ages</li> <li>Text support (9 a.m. - 10 p.m.)</li> <li>Live chat at <a href="http://woodshomes.ca">woodshomes.ca</a> (9 a.m. - 10 p.m.)</li> <li>Mobile response (12 - 7 p.m.)</li> </ul>	<b>403.299.9699</b> <b>587.315.5000</b> <i>(text)</i>
<b>ConnecTeen</b> <ul style="list-style-type: none"> <li>24/7 crisis line</li> <li>Confidential support for teens</li> </ul>	<b>403.264.8336</b> <b>587.333.2724</b> <i>(text support)</i>
<b>Distress Centre Calgary</b> <ul style="list-style-type: none"> <li>24/7 support and crisis line</li> <li>Online chat at <a href="http://distresscentre.com">distresscentre.com</a> (3 - 10 p.m. daily)</li> <li>Teen peer support</li> <li>Limited face-to-face counselling</li> </ul>	<b>403.266.HELP (4357)</b> <b>403.543.1967</b> <i>(for hearing-impaired clients)</i>
<b>First Nations and Inuit Hope for Wellness</b> <ul style="list-style-type: none"> <li>24/7 crisis line</li> <li>24/7 online chat <a href="http://hopeforwellness.ca">hopeforwellness.ca</a></li> </ul>	<b>1.855.242.3310</b> <i>(toll free)</i>
<b>Kids Help Phone</b> <ul style="list-style-type: none"> <li>Phone and web counselling for ages 20 and under</li> <li>24/7, anonymous and confidential</li> <li>Online chat with a professional counsellor (5 - 10 p.m.)</li> <li><a href="http://kidshelpphone.ca">kidshelpphone.ca</a></li> </ul>	<b>1.800.668.6868</b> <b>686868</b> <i>(text support)</i>

Walk-in crisis or counselling services ( <i>no fee</i> )	
<p><b>Emergency room or Urgent Care Centre for mental health assessment</b></p> <ul style="list-style-type: none"> <li>Go to your nearest hospital emergency department (24/7)</li> <li>Go to your nearest Urgent Care Centre: <ul style="list-style-type: none"> <li><b>Sheldon Chumir:</b> 1213 4 St. S.W. (8 a.m. - 10 p.m. daily)</li> <li><b>South Calgary Health Centre:</b> 31 Sunpark Plaza S.E. (8 a.m. - 10 p.m. daily)</li> </ul> </li> </ul>	
<ul style="list-style-type: none"> <li><b>Distress Centre Calgary for counselling</b> Ask for an intake to counselling by calling or complete the online form via <a href="https://www.preenrollment.info/form/distresscentrecalgary">https://www.preenrollment.info/form/distresscentrecalgary</a></li> </ul>	<b>403.266.HELP (4357)</b>
<p><b>South Calgary Health Centre for single-session counselling</b> 31 Sunpark Plaza S.E. (2nd floor, mental health area, north entrance)</p> <ul style="list-style-type: none"> <li>Call between 8 a.m. - 3:30 p.m. to book the next available same day appointment</li> <li>Covered by Alberta Healthcare, must present Alberta Healthcare card</li> <li>By appointment only</li> </ul>	<b>403.943.9374</b>
<p><b>The Summit - Marian &amp; Jim Sinneave Centre for Youth Resilience</b></p> <ul style="list-style-type: none"> <li>Walk-in mental health services for anyone under 18 available 10 a.m. - 10 p.m., 7 days per week</li> <li>Therapeutic support through a day hospital and community-based treatment</li> </ul>	<b>587.534.7200</b>
<p><b>Wood's Homes (Eastside Family Centre) for single-session counselling (<i>appointment required</i>)</b></p> <ul style="list-style-type: none"> <li>Northgate Village Mall 255 - 495 36 St. N.E.</li> <li>Therapy sessions available Monday to Saturday</li> <li>Also offering counselling over email</li> </ul>	<b>403.299.9699</b>

Addictions help and support ( <i>no fee</i> )	
<p><b>AHS Addictions Help Line</b></p> <ul style="list-style-type: none"> <li>24/7 help line</li> <li>Information and referral to addiction counselling</li> </ul>	<b>1.866.332.2322</b> (Toll free within Alberta)

Addictions help and support (no fee) (cont'd)	
<p><b>AHS Substance Abuse in Later Life Program</b></p> <ul style="list-style-type: none"> <li>• A program to help people over the age of 60 who have substance abuse or misuse issues</li> <li>• Offers education, individual and group therapy, and individual, peer, and family support</li> <li>• <a href="https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1005202&amp;serviceAtFacilityID=1060416#contentStart">https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1005202&amp;serviceAtFacilityID=1060416#contentStart</a></li> </ul>	<p><b>403.943.1500</b> (Access Mental Health Intake)</p>
<p><b>Calgary and Area Addictions Services</b></p> <ul style="list-style-type: none"> <li>• Adult addiction services</li> <li>• <a href="https://www.albertahealthservices.ca/findhealth/service.aspx?id=1060378">https://www.albertahealthservices.ca/findhealth/service.aspx?id=1060378</a></li> </ul>	
<p><b>Smart Recovery</b></p> <ul style="list-style-type: none"> <li>• Addiction support meetings</li> <li>• <a href="https://smartrecoveryalberta.org/meetings">https://smartrecoveryalberta.org/meetings</a></li> </ul>	
<p><b>The Alex Rapid Access Addiction Services</b></p> <ul style="list-style-type: none"> <li>• Access to medication, counselling, and groups</li> <li>• Walk-in intake or book phone intakes through: <a href="https://www.communityconnectyyc.ca/">https://www.communityconnectyyc.ca/</a> (Select Rapid Access Addiction Medicine – RAAM). <a href="https://www.thealex.ca/raam/">https://www.thealex.ca/raam/</a></li> </ul>	<p><b>403.277.9869</b></p>

Mental health information and program guides (no fee)	
<p><b>811 Health Link</b></p> <ul style="list-style-type: none"> <li>• 24/7 health advice</li> </ul>	<p><b>811</b></p>
<p><b>Access Mental Health</b></p> <ul style="list-style-type: none"> <li>• Provides information, consultation, and referral for addictions and/or mental health concerns</li> <li>• Monday to Friday, 8 a.m. - 5 p.m.</li> </ul>	<p><b>403.943.1500</b></p>
<p><b>Calgary 211</b></p> <ul style="list-style-type: none"> <li>• Information about mental health programs and resources, resources for financial support, food, shelter, or transportation, and addiction support</li> <li>• Services offered in over 200 languages.</li> </ul>	<p><b>211</b></p>
<p><b>CARYA Programs</b></p> <ul style="list-style-type: none"> <li>• Sliding scale cost</li> <li>• 10-week workshop</li> <li>• <a href="https://caryacalgary.ca/our-programs/">https://caryacalgary.ca/our-programs/</a></li> </ul>	

Mental health information and program guides (no fee) (cont'd)	
<p><b>Elements Mental Health Centre</b></p> <ul style="list-style-type: none"> <li>• Provides mental health support and services, recreation services, and education and skill development programs</li> <li>• Must be over 18 and have a diagnosed mental illness as primary presenting condition</li> <li>• <a href="https://elementscmh.ca/">https://elementscmh.ca/</a></li> </ul>	403.266.8711
<p><b>Family and Community Resource Centre</b></p> <ul style="list-style-type: none"> <li>• Community education sessions, connections with other families, and other community resources</li> <li>• <a href="http://fcrc.albertahealthservices.ca/">http://fcrc.albertahealthservices.ca/</a></li> </ul>	403.955.3272
<p><b>Inform Alberta</b></p> <ul style="list-style-type: none"> <li>• Province-wide service directory for community, health, social, and government services</li> <li>• <a href="http://informalberta.ca">informalberta.ca</a></li> </ul>	
<p><b>Kerby Centre for the 55 Plus</b></p> <ul style="list-style-type: none"> <li>• Wellness classes and other resources for adults ages 55+</li> <li>• <a href="https://www.kerbycentre.com/">https://www.kerbycentre.com/</a></li> </ul>	403.265.0661
<p><b>Outlink</b></p> <ul style="list-style-type: none"> <li>• Peer support, peer groups, and connections to the LGBTQ+ community, access to resources, and educational opportunities for all genders and sexually diverse people</li> <li>• <a href="http://calgaryoutlink.ca">calgaryoutlink.ca</a></li> </ul>	403.234.8973
<p><b>Seniors Community Services Information</b></p> <ul style="list-style-type: none"> <li>• <a href="https://www.calgary.ca/social-services/seniors.html">https://www.calgary.ca/social-services/seniors.html</a></li> </ul>	

Counselling services	
<p><b>AHS Grief Support Program</b></p> <ul style="list-style-type: none"> <li>• Grief support and counselling for adults</li> </ul>	403.955.8011
<p><b>Calgary Counselling Centre</b></p> <ul style="list-style-type: none"> <li>• 1000 - 105 12 Ave. S.E.</li> <li>• Register online 24 hours a day at <a href="https://onlineintake.calgarycounselling.com/">https://onlineintake.calgarycounselling.com/</a></li> </ul>	833.827.4229

Counselling services (cont'd)	
<p><b>Calgary Family Therapy Program</b> (<i>children and youth only</i>)</p> <ul style="list-style-type: none"> <li>Family therapy services for children who are experiencing emotional and behavioral issues</li> <li>Fees covered by AHS</li> </ul>	<b>403.802.1680</b>
<p><b>Canadian Mental Health Association (CMHA)</b></p> <ul style="list-style-type: none"> <li>Sliding scale fee</li> <li>Free workshops (<a href="http://recoverycollegecalgary.ca">recoverycollegecalgary.ca</a>)</li> <li>Group programs</li> </ul>	<b>403.297.1402</b>
<p><b>CARYA</b></p> <ul style="list-style-type: none"> <li>Individual, family, and group counselling</li> </ul>	<p><b>403.269.9888</b> (General inquiries)</p> <p><b>403-205-5244</b> (Counselling services or programs)</p>
<p><b>Catholic Family Services - Kindred</b></p> <ul style="list-style-type: none"> <li>250 - 707 10 Ave. S.W.</li> <li>Pay what you can, no wait list</li> <li>Counselling for individuals, couples, and families, and group sessions for all ages, faiths and backgrounds</li> <li><a href="https://www.cfs-ab.org/">https://www.cfs-ab.org/</a></li> </ul>	<b>403.233.2360</b>
<p><b>Community Connect YYC</b></p> <ul style="list-style-type: none"> <li>Affordable and barrier-free access to in-person, phone or video counselling sessions</li> <li>Counselling services include rapid access, addiction support, general counselling, child and youth, and counselling for immigrants</li> <li><a href="https://www.communityconnectyyc.ca/">https://www.communityconnectyyc.ca/</a></li> </ul>	
<p><b>Cultivate</b></p> <ul style="list-style-type: none"> <li>Pay what you can (even if that's nothing) counselling services</li> <li>Online counselling services only</li> <li><a href="https://www.growthelife.com/">https://www.growthelife.com/</a></li> </ul>	
<p><b>Early Childhood and Perinatal Mental Health</b></p> <ul style="list-style-type: none"> <li>Therapeutic services for children ages 1-5 and to prenatal and postpartum patients experiencing Anxiety and Depression</li> <li>Referral required</li> <li><a href="https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1059913&amp;serviceAtFacilityID=1092927">https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1059913&amp;serviceAtFacilityID=1092927</a></li> </ul>	<b>403.955.1010</b>

<b>Counselling services (cont'd)</b>	
<p><b>Eunoia</b></p> <ul style="list-style-type: none"> <li>• Virtual clinic that provides assessment and management of common mental health challenges in women and mothers</li> <li>• Offer appointments Monday to Friday 8 a.m. - 6 p.m.</li> <li>• Intake assessments cost \$15 and all other appointments are covered by Alberta healthcare</li> <li>• <a href="https://www.eunoiamedical.ca/contact">https://www.eunoiamedical.ca/contact</a></li> </ul>	
<p><b>Hospice Calgary</b></p> <ul style="list-style-type: none"> <li>• Grief counselling only</li> </ul>	<b>403.263.4525</b>
<p><b>Jewish Family Service</b></p> <ul style="list-style-type: none"> <li>• Individual, family, and couples counselling, community support, basic needs and Jewish advocacy, resettlement, older adult services, claims conference, domestic violence services, and educational services</li> <li>• Sliding scale fee</li> </ul>	<b>403.287.3510</b>
<p><b>Owl Pod</b></p> <ul style="list-style-type: none"> <li>• Mental health and obesity telemedicine clinic</li> <li>• No cost to Albertans</li> <li>• Online/virtual appointments available 7 days a week</li> <li>• Family medicine physicians and psychiatrists specializing in obesity management and psychotherapy</li> <li>• <a href="https://www.owlpod.ca/">https://www.owlpod.ca/</a></li> </ul>	<b>587.317.9978</b>
<p><b>Psychologist's Association Alberta</b></p> <ul style="list-style-type: none"> <li>• Search for private counselling services</li> <li>• <a href="https://psychologistsassociation.ab.ca/">https://psychologistsassociation.ab.ca/</a></li> </ul>	
<p><b>Psychology Today Calgary</b></p> <ul style="list-style-type: none"> <li>• Insured/Private Psychologists and Mental Health Professionals</li> <li>• If using insurance, please ensure therapist credentials meet the requirements of your insurance provider</li> <li>• <a href="https://www.psychologytoday.com/ca/therapists/ab/calgary">https://www.psychologytoday.com/ca/therapists/ab/calgary</a></li> </ul>	
<p><b>The Alex Youth Health Centre</b></p> <ul style="list-style-type: none"> <li>• No fee</li> <li>• Counselling services for ages 12-24</li> <li>• Available Monday to Friday (10:30 a.m. - 5:15 p.m.)</li> </ul>	<b>403.520.6270</b>

Domestic violence, child abuse, and sexual assault support ( <i>no fee</i> )	
<p><b>AHS Sexual Assault Health Care Provider Consult Line</b>            Contact through AHS's <a href="#">RAAPID referral service</a></p> <ul style="list-style-type: none"> <li>• Available 24/7</li> <li>• Specially trained and experienced registered nurses who provide guidance to <b>healthcare providers</b> conducting medical and forensic exams</li> </ul>	<p><b>1.800.661.1700 or 403.944.4486</b>            – for patients in and south of Red Deer</p> <p><b>1.800.282.9911 or 780.735.0811</b>–            for patients north of Red Deer</p>
<p><b>Calgary Communities Against Sexual Abuse</b></p> <ul style="list-style-type: none"> <li>• No fee</li> <li>• Crisis support and counselling (up to 18 sessions)</li> <li>• Monday to Friday 9 a.m. - 9 p.m. for appointments</li> <li>• 24/7 support line</li> </ul>	<p><b>403.237.6905</b></p>
<p><b>Connect – Family and Sexual Abuse Network</b></p> <ul style="list-style-type: none"> <li>• 24-hour line</li> <li>• Help with sexual abuse, sexual assault, domestic violence, and relationship issues</li> <li>• <a href="https://www.ucalgary.ca/student-services/womens-centre/resources/womens-resource-database/connect-family-sexual-abuse-network">https://www.ucalgary.ca/student-services/womens-centre/resources/womens-resource-database/connect-family-sexual-abuse-network</a></li> </ul>	<p><b>403.237.5888 or 1.877.237.5888</b>  <i>(Sexual abuse and sexual assault)</i></p> <p><b>403.234.7233 or 1.866.606.7233</b>  <i>(Domestic and relationship abuse)</i></p>
<p><b>Family Violence Line</b></p> <ul style="list-style-type: none"> <li>• Anonymous help in over 170 languages</li> </ul>	<p><b>310.1818</b></p>
<p><b>LUNA – Child and Youth Advocacy Centre</b></p> <ul style="list-style-type: none"> <li>• Centre for child abuse intervention and prevention</li> <li>• <a href="https://www.lunacentre.ca/">https://www.lunacentre.ca/</a></li> </ul>	<p><b>403.428.5300</b></p>
<p><b>Men's Counselling Services</b></p> <ul style="list-style-type: none"> <li>• No fee</li> <li>• Individual or group counselling for men who are concerned their anger or behavior is negatively impacting their family</li> <li>• <a href="https://www.mcscalgary.com/">https://www.mcscalgary.com/</a></li> </ul>	<p><b>403.299.9680</b></p>

Online and self-help support	
<p><b>Bounce Back</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bounceback.cmha.ca/register/">https://bounceback.cmha.ca/register/</a></li> </ul>	
<p><b>Canadian Mental Health Association Group Programs</b></p> <ul style="list-style-type: none"> <li>• <a href="https://recoverycollegecalgary.ca/">https://recoverycollegecalgary.ca/</a></li> </ul>	

Online and self-help support (cont'd)	
<p><b>Canadian Mental Health Association Peer Support Program</b></p> <ul style="list-style-type: none"> <li>• Email or over the phone</li> <li>• 120 hours of training</li> <li>• Monday, Wednesday, Thursday and Friday 11 a.m. - 3 p.m., Tuesday 1 - 7 p.m.</li> <li>• <a href="https://cmha.calgary.ab.ca/individual-family-support/talk-to-a-peer/">https://cmha.calgary.ab.ca/individual-family-support/talk-to-a-peer/</a></li> </ul>	403.297.1402
<p><b>Centre for Clinical Interventions</b></p> <ul style="list-style-type: none"> <li>• Online Cognitive Behavioural Therapy workbooks and information sheets</li> <li>• <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</a></li> </ul>	
<p><b>Here to Help BC</b></p> <ul style="list-style-type: none"> <li>• Online screening and self-help resources</li> <li>• <a href="https://www.heretohelp.bc.ca/resource-library">https://www.heretohelp.bc.ca/resource-library</a></li> </ul>	
<p><b>Kelty's Key</b></p> <ul style="list-style-type: none"> <li>• Online Cognitive Behavioral Therapy</li> <li>• <a href="https://www.keltyskey.com/self-help/">https://www.keltyskey.com/self-help/</a></li> </ul>	
<p><b>Palouse Mindfulness</b></p> <ul style="list-style-type: none"> <li>• Mindfulness based stress reduction 8-week online course</li> <li>• <a href="https://palousemindfulness.com">https://palousemindfulness.com</a></li> </ul>	
<p><b>Psychology Tools</b></p> <ul style="list-style-type: none"> <li>• Relaxed breathing worksheet</li> <li>• <a href="https://www.psychologytools.com/resource/relaxed-breathing/">https://www.psychologytools.com/resource/relaxed-breathing/</a></li> </ul>	
<p><b>SAMHSA Wellness Worksheets</b></p> <ul style="list-style-type: none"> <li>• <a href="https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf">https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf</a></li> </ul>	
<p><b>Wellness Together</b></p> <ul style="list-style-type: none"> <li>• <a href="https://wellnesstogether.ca/en-CA">https://wellnesstogether.ca/en-CA</a></li> </ul>	

For additional resources including financial services, housing support, legal support, food banks and more, please visit: <https://www.mymentalhealth.ca/regions/calgary/>.