

Pediatric Mental Health

RESOURCE LIST

Please note: This listing represents information gathered by the CWC PCN and does not represent formal endorsement of these programs and services by the CWC PCN.

Crisis and Distress Lines

- [Distress Centre Calgary](#): **403.266.HELP** (4357)
- [Kids Help Phone](#): **1.800.668.6868** (*text or virtual chat also available*)
- [Alberta Bullying Helpline](#): **1.888.456.2323** (*also available via virtual chat*)
- [Alberta Child Abuse Hotline](#): **1.800.387.5437**
- [Eastside Community Mental Health Services](#): **403.299.9699**
- [Canada Suicide Prevention Hotline](#): **1.833.456.4566**

Community Programs

[Access Mental Health](#)

- Referral required
- Provides information, consultation and referral to individuals residing in the Calgary zone who have addiction and/or mental health concerns.
- Mental Health Clinicians complete a clinical interview over the telephone to assess the individuals' needs. Mental Health Clinicians are familiar with both Alberta Health Services and community-based programs and will explore all options in order to refer individuals to the most appropriate resources.

[AHS Mental Health Helpline](#)

- 24-hour, 7 day a week confidential service that provides support, information, and referrals.
- Line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.

[Calgary ConnecTeen](#)

- A confidential youth peer support service through the Distress Centre.
- Phone, text, and virtual chat are available.

[Calgary Counselling Centre](#)

- Provides counselling services for youth and families.

[Calgary Family Therapy Centre](#)

- Works collaboratively with families whose children (age 0-18) are experiencing psychological, emotional, and/or behavioral problems

[Canadian Mental Health Association Calgary Recovery College – “Adulting 101” course](#)

- Group course for youth 16-24 that explores topics such as choice, money relationships and taking care of oneself.

[CanLearn Society](#)

- Team of psychologists, physicians, certified ADHD Life Coaches, and literacy practitioners help children, youth and adults unlock their learning potential and manage their mental health.
- [Calm Kids, Happy Families program](#) provides parenting advice, problem-solving and strategies for supporting children with ADHD.

[carya](#)

- Provides parenting groups, support, and family counselling.

[Catholic Family Service](#)

- Provides counselling, education and community outreach programs for children and families.

[Children’s Cottage Society](#)

- Provides support services, respite programs, and crisis nurseries for families.

[Community Connect YYC](#)

- A direct, online booking tool for in-person or virtual mental health support (including counselling services) from a collaborative of Calgary agencies committed to eliminating barriers and lengthy wait times.

[Eastside Community Mental Health Services](#)

- Offers immediate, no-cost mental health support from an integrated, ethnocultural team.

[Elbow River Healing Lodge](#)

- Offers a full range of primary care services and visiting specialists to First Nations (Status and Non-Status), Métis, and Inuit peoples and their families.
- Services include traditional healing approaches, health promotion, disease prevention, curative care, rehabilitative care, and social resource advocacy.

[Hull Services](#)

- Provides behavioural and mental health treatment and support for children and their families experiencing significant challenges.
- Some programs require a referral.

[McMan Calgary](#)

- Supports children, youth and families with complex needs that can include mental health issues, addiction, homelessness, poverty, and disability.

[The Alex Youth Health Centre](#)

- Provides health and social care for youth ages 12-24, including counselling and case management support.

[Wellness Together Canada](#)

- A mental health and substance use platform providing immediate text support, information and videos, wellness programs, coaching, community and peer support and counselling.

[Woods Homes](#)

- Mental health centre that provides treatment and support for children, youth, and families.

[YWCA Community, Parent and School \(COMPASS\) Program](#)

- Referral required
- Offers education and support to parents of children up to 12 years old regarding positive parenting strategies, social and problem-solving skills, and goal setting.
- Provide in-home visits and referrals to community services.