

# Mental health community resources

JUNE 2021

| Help in a crisis ( <i>no fee</i> )  |   |
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| <p><b>911</b> for immediate help</p> <ul style="list-style-type: none"> <li>Emergency services.</li> </ul>  |   |
| <p><b>Distress Centre Calgary</b></p> <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>                            | <p><b>403.266.HELP (4357)</b><br/> <b>403.543.1967</b><br/> <i>(for hearing impaired clients)</i></p> |
| <p><b>ConnecTeen</b></p> <ul style="list-style-type: none"> <li>24/7 crisis line.</li> <li>Confidential support for teens.</li> </ul>   | <p><b>403.264.8336</b><br/> <b>587.333.2724</b> <i>(text support)</i></p>                             |
| <p><b>Canada Suicide Prevention Hotline</b></p> <ul style="list-style-type: none"> <li>24/7 suicide prevention service.</li> </ul>  | <p><b>833.456.4566</b></p>  |
| <p><b>AHS Mental Health Help Line</b></p> <ul style="list-style-type: none"> <li>24/7 crisis line.</li> <li>Information about mental health programs and services.</li> </ul>   | <p><b>1.877.303.2642</b><br/> <i>(toll free within Alberta)</i></p>                                   |
| <p><b>Community Resource Team – Wood’s Homes</b></p> <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> | <p><b>403.299.9699</b><br/> <b>587.315.5000</b> <i>(text)</i></p>                                     |
| <p><b>Kids Help Phone</b></p> <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><a href="http://kidshelpphone.ca">kidshelpphone.ca</a></li> </ul>   | <p><b>1.800.668.6868</b></p>  |
| <p><b>First Nations and Inuit Hope for Wellness</b></p> <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>   | <p><b>1.855.242.3310</b> <i>(toll free)</i></p>   |

| <b>Walk-in crisis or counselling services (no fee)</b>  |  |
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| <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. SW (8 a.m. – 10 p.m. daily)</li> <li>○ <b>South Calgary Health Centre:</b> 31 Sunpark Plaza SE (8 a.m. – 10 p.m. daily)</li> </ul> </li> </ul>   |  |
| <p><b>Distress Centre Calgary for walk-in counselling</b></p> <ul style="list-style-type: none"> <li>• Suite 300, 1010 – 8 Ave. SW</li> <li>• Monday to Friday 1 – 4 p.m.</li> </ul>  |  |
| <p><b>South Calgary Health Centre for single session walk-in counselling</b></p> <ul style="list-style-type: none"> <li>• 31 Sunpark Plaza SE (2nd floor, mental health area, north entrance)</li> <li>• Monday to Thursday 4 – 7 p.m.</li> <li>• Friday 9 a.m. – 12 p.m.</li> <li>• Covered by Alberta Healthcare, must present Alberta Healthcare card</li> </ul>   | <b>403.943.9383</b>  |
| <p><b>Wood's Homes (Eastside Family Centre) for single session walk-in counselling</b></p> <ul style="list-style-type: none"> <li>• Northgate Village Mall 255 – 495 36 St. NE</li> <li>• Monday 1 – 7 p.m.</li> <li>• Tuesday to Thursday 11 a.m. – 7 p.m.</li> <li>• Friday 12 a.m. – 5 p.m.</li> <li>• Saturday 11 a.m. – 4 p.m.</li> <li>• Also offer counselling over email.</li> </ul>  | <b>403.299.9696</b>  |
| <b>Addictions help and support (no fee)</b>   |  |
| <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><br><i>(toll free within Alberta)</i> |
| <p><b>AHS Adult Addiction Services for walk-in intake and assessment services</b></p> <ul style="list-style-type: none"> <li>• 707 10 Ave. SW, 3rd floor</li> <li>• Monday to Friday at 12:30 p.m. for walk-in intakes.</li> <li>• Adults age 18 and older.</li> <li>• <a href="https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1080798&amp;serviceAtFacilityID=1126612">https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1080798&amp;serviceAtFacilityID=1126612</a></li> </ul> | <b>403.367.5000</b>  |

| Addictions help and support (no fee)  |  |
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| <b>Calgary and Area Addictions Services Guide</b> <ul style="list-style-type: none"> <li>Links to community resources for addiction.</li> <li><a href="https://informalberta.ca/public/common/viewSublist.do?cartId=1000406">https://informalberta.ca/public/common/viewSublist.do?cartId=1000406</a></li> </ul>  |  |
| <b>The Alex Rapid Access Addiction Services</b> <ul style="list-style-type: none"> <li>Access to medication, counselling, and groups.</li> <li><a href="https://www.thealex.ca/raam/">https://www.thealex.ca/raam/</a></li> </ul>   | <b>403.277.9869</b>                                  |
| <b>Smart Recovery</b> <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>  |  |
| <b>AHS Substance Abuse in Later Life Program</b> <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> | <b>403.943.1500</b><br>(Access Mental Health Intake) |
| Mental health information and program guides (no fee)   |  |
| <b>Access Mental Health</b> <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>  | <b>403.943.1500</b>                                  |
| <b>811 Health Link</b> <ul style="list-style-type: none"> <li>24/7 health advice</li> </ul>   |  |
| <b>Calgary 211</b> <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>   |  |
| <b>Calgary Community Services Guide</b> <ul style="list-style-type: none"> <li><a href="http://calgary.ca">calgary.ca</a> (enter Community Services Guide in the search box).</li> </ul>  |  |
| <b>City of Calgary Youth Services Guide</b> <ul style="list-style-type: none"> <li><a href="https://www.calgary.ca/CSPS/CNS/Documents/youth_services_guide.pdf?noredirect=1">https://www.calgary.ca/CSPS/CNS/Documents/youth_services_guide.pdf?noredirect=1</a></li> </ul>   |  |

| Mental health information and program guides (no fee)  |              |
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| <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>Seniors Community Services Information</b></p> <ul style="list-style-type: none"> <li>Navigate to <i>Seniors</i> under <i>Community Services</i> in the menu.</li> <li><a href="http://www.calgaryarea.com/index.php?p+seniors&amp;c=information">http://www.calgaryarea.com/index.php?p+seniors&amp;c=information</a></li> </ul>            |              |
| <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>                                      |              |
| <p><b>Women's Health Resources</b></p> <ul style="list-style-type: none"> <li>Individual counselling for women.</li> <li>Free education and workshops.</li> <li>Free</li> </ul>  | 403.944.2260 |
| <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> </ul>  | 403.266.8711 |
| <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>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>CARYA Anger Management Support</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/individual-well-being-education/anger-management/">https://caryacalgary.ca/our-programs/individual-well-being-education/anger-management/</a></li> </ul> |              |

| <b>Counselling services</b>   |                     |
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| <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>403.297.1700</b> |
| <p><b>Calgary Counselling Centre</b></p> <ul style="list-style-type: none"> <li>• 1000 – 105 12 Ave. SE</li> <li>• Free for CWC PCN patients.</li> </ul>  | <b>403.265.4980</b> |
| <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> </ul>   | <b>403.520.6270</b> |
| <p><b>AHS Grief Support Program</b></p> <ul style="list-style-type: none"> <li>• Grief support and counselling for adults.</li> </ul>   | <b>403.955.8011</b> |
| <p><b>University of Calgary Psychology Clinic</b></p> <ul style="list-style-type: none"> <li>• Sliding scale fee, 10 – 20 sessions.</li> <li>• Graduate students provide counselling.</li> <li>• Call or email <a href="mailto:PsyClinic@ucalgary.ca">PsyClinic@ucalgary.ca</a>.</li> </ul>   | <b>403.220.7731</b> |
| <p><b>Catholic Family Services</b></p> <ul style="list-style-type: none"> <li>• 250 – 707 10 Ave. SW</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>CARYA</b></p> <ul style="list-style-type: none"> <li>• Individual, family, and group counselling</li> </ul>   | <b>403.269.9888</b> |
| <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>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> |

| <b>Counselling services</b>  |                     |
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| <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>Hospice Calgary</b></p> <ul style="list-style-type: none"> <li>Grief counselling only.</li> </ul>  | <b>403.263.4525</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>Alberta College of Social Workers</b></p> <ul style="list-style-type: none"> <li>Search for private counselling services.</li> <li><a href="https://www.acsw.ab.ca/site/public/find-a-social-worker">https://www.acsw.ab.ca/site/public/find-a-social-worker</a></li> </ul>  |                     |
| <p><b>Women's Health Resources</b></p> <ul style="list-style-type: none"> <li>Short-term individual counselling for women.</li> <li>Education and workshops surrounding women's health.</li> <li>Free</li> <li><a href="https://www.albertahealthservices.ca/services/Page3840.aspx">https://www.albertahealthservices.ca/services/Page3840.aspx</a></li> </ul>  | <b>403.944.2260</b> |
| <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>403.955.1161</b> |
| <b>Domestic violence and sexual assault support (no fee)</b>   |                     |
| <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>   | <b>403.237.6905</b> |
| <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> </ul>   | <b>403.299.9680</b> |

| <b>Domestic violence and sexual assault support (no fee)</b>   |  |
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| <b>Connect – Family and Sexual Abuse Network</b> <ul style="list-style-type: none"> <li>• 24-hour line</li> <li>• Help with sexual abuse, sexual assault, domestic violence, and relationship issues.</li> </ul>   | <b>403.237.5888 or 1.877.237.5888</b><br>(Sexual abuse and sexual assault)<br><b>403.234.7233 or 1.866.606.7233</b><br>(Domestic and relationship abuse) |
| <b>Family Violence Line</b> <ul style="list-style-type: none"> <li>• Anonymous help in over 170 languages.</li> </ul>  | <b>403.310.1818</b>  |
| <b>Online and self-help support</b>  |  |
| <b>Kelty’s Key</b> <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>   |  |
| <b>Palouse Mindfulness</b> <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>   |  |
| <b>Here to Help BC</b> <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>  |  |
| <b>Centre for Clinical Interventions</b> <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>   |  |
| <b>Psychology Tools</b> <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>  |  |
| <b>Canadian Mental Health Association Peer Support Program</b> <ul style="list-style-type: none"> <li>• Face-to-face, email, over the phone.</li> <li>• 120 hours of training.</li> <li>• Monday to Friday 9 a.m. – 4 p.m., Tuesday/Wednesday 4 – 7 p.m.</li> <li>• <a href="https://cmha.calgary.ab.ca/we-support/peer-support/">https://cmha.calgary.ab.ca/we-support/peer-support/</a></li> </ul> | <b>403.297.1402</b>  |
| <b>Canadian Mental Health Association Group Programs</b> <ul style="list-style-type: none"> <li>• <a href="https://recoverycollegecalgary.ca/">https://recoverycollegecalgary.ca/</a></li> </ul>   |  |
| <b>SAMHSA Wellness Worksheets</b> <ul style="list-style-type: none"> <li>• <a href="https://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf">https://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf</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/>.