

Emergency 911

- Community Services Line 211
- Health Link 811
- Your Family Physician for support and referral
- Distress Centre
 - 24 Hour Crisis line (403) 266-HELP (4357) Online crisis chat <https://www.distresscentre.com/>
 - 24 Hour Teen Crisis line (403) 264-8336. Teen specific information: www.CalgaryConnectTeen.com
 - E-mail: help@distresscentre.com (not monitored 24 hours a day) Offered in over 200 languages
 - Text messaging 587-333-2724
 - Short term counselling available (6 sessions)
- Mobile Response Team- access by calling the Distress Centre – 403-266-4357
As an Employer you can call and receive specific advice when assisting an employee in crisis.
- Walk in Counselling:
 - Urgent Mental Health Services (South Calgary Health Centre (SCHC)/ Sheldon Chumir) or any Hospital Emergency Room
 - Walk in South Calgary Health Centre – Monday - Thursday 4:00-7:00 pm Friday 9:00 – 11:00am) 403-943-9374
 - Eastside Family Centre - call to pre-book appointment phone appointments. 403-299-9696. E-therapy available: etherapy@woodshomes.ca
 - Rapid Access Counselling (Kindred) Sliding Scale 1-877-244-2360
 - One Step at a Time – Calgary Foothills PCN – by appointment - 1-855-792-3726
- Access Mental Health (Alberta Health Services) Information 403-943-1500
- Canadian Mental Health and Suicide Services 403-297-1700
- Addictions (Alberta Health Services- Adults) 403-367-5000
- Gambling Helpline – 1-866-332-2322 - 24 Hours
- Bullying Helpline – bullyfreealberta.ca 1-888-456-2323 - 24 Hours
- DOAP Helpline (Alpha House Downtown Outreach for Addiction/Homeless) 403- 998-7388
- Child Abuse Hotline - 1-800-387-5437 - 24 Hours
- Income Support Contact Centre – Financial help for Albertans basic needs (e.g., food, clothing, shelter) 1-866-644-5135 - 24 Hours
- Alberta Works (Emergency financial Assistance) 1-866-644-5135
- Kids Help Phone – kidshelpphone.ca - 1-800-668-6868 - 24 Hours (APP: Always There)
- Medication & Herbal Advice Line - 1-800-332-1414 - 24 Hours
- Mental Health Helpline - 1-877-303-2642 - 24 Hours
- Poison & Drug Information service - 1-800-332-1414 - 24 Hours
- CIWA (Calgary Immigrant Women’s Assoc.) www.ciwa-online.com 403-263-4414
- Centre for Newcomers (Calgary) 403-569-3325
- Domestic Violence
 - Calgary Women’s Emergency (Family violence hotline) 403-234-7233
 - Sheriff King 403-237-5888 -YWCA of Calgary-or 403-266-0707
- Calgary Communities Against Sexual Abuse (CCASA) 403-237-5888
- Hospice Calgary Children’s Grief Centre 403-263-4525
- AHS Grief Support Program 403-955-8011
- Woods Homes Youth Community Response Team 403-299-9699
- Kerby Center (ages 65+) 403-265-0661
- Calgary Counselling Centre 403-691-5991
- Calgary Family Therapy Program 403-802-1680
- CARYA - Individual and Family Support and Services 403-269-9888
- Kindred Connections Society 403-233-2360
- YWCA Counselling (Housing/Domestic Violence/Family Access/Counselling/Intake) 403-536-2844
- Mental Health and 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 Family & Youth Mental Health Support Services therapyreferrals@growwithtrellis.ca In-person, Video or Phone