

Calgary Community and Urgent Services – December 2024

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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)

Alberta Health Services (AHS) and Community Services

Access Mental Health	Single point access for mental health services in Calgary	Phone: 403-943-1500
Addictions (Adults)	Telephone and in-person counselling (Drop in at 12:30pm weekdays)	Phone: 403-367-5000
Addictions Helpline	24-hour addiction support	Phone: 1-866-332-2322
Grief Support Program	Grief support services	Phone: 403-955-8011
Mobile Response Team	Access through the Distress Centre	Phone: 403-266-4357
Walk-in Counselling		
Urgent Mental Health Services	South Calgary Health Centre (SCHC) or Sheldon Chumir Health Centre or any Hospital Emergency Room. Available 24/7	
Counselling @ South Calgary Health Centre	Call from 8am to 4pm Sessions available daily from 12pm to 8pm *Call to book ahead	Phone: 403-943-9374
Community Connect YYC	Online or in-person for adults, children, and families- Rapid Access Single Session Counselling. Monday 9am-5pm, Tuesday & Wednesday 9am-8pm, Thursday 9am-5pm	1-877-244-2360 www.communityconnectyyc.ca
Eastside Community Mental Health Centre (Wood's Homes)	Woods Homes, Youth, Family, and In-home Support. Pre-book phone, video, and in-person appointments. Monday 1pm-7pm, Tuesday-Wednesday-Thursday 11am-7pm, Friday 12pm-5pm Saturday 11am-4pm	Phone: 403-299-9696 https://www.woodshomes.ca/eastside-community-mental-health-services/
Woods Homes Walk-In (At local libraries)	Crowfoot Library Monday 2pm-8pm Shawnessy Wednesday 2pm-8pm Central Library, 3 rd floor, 7 days a week Tuesday & Wednesday 11am-5pm, Thursday 2pm-8pm, Friday 12pm-6pm, Weekends 12pm-5pm Ask library staff for directions to the counsellor's location	
Kindred Connections Society	Walk-in counselling by donation (no proof of income required) Available weekdays	Phone: 403-233-2360 Email: intake@kindred.ca
One Step at a Time – Calgary Foothills PCN (Crowfoot)	Available for those with an Alberta Health Care Card and a family doctor Monday to Friday, 8:30am-1:30pm (except Wednesdays)	Phone: 1-855-792-3726
Youth Walk-in and Family Support - The Summit (AHS)	Available for youth 17 years and under Monday to Sunday, 10am-8:30pm	Phone: 587-534-7200

Distress Centre/Mental Health Help Line

24 Hour Teen Crisis Line	Phone: 403-264-TEEN (8336) *Language line available	www.CalgaryConnecTeen.com
24-hour Crisis Line	Phone: 403-266-HELP (4357) Text: 403-543-1967 (Hearing impaired)	www.distresscentre.com
Online Chat		www.distresscentre.com
Mental Health Helpline		1-877-303-2642
Recovery Alberta		www.recoveryalberta.ca

Domestic Violence Services

Fear Is Not Love (formerly Calgary Women's Emergency Shelter)	Support for Calgary and area individuals, families, and communities to live free from domestic violence and abuse 24-hr family violence helpline, counselling, escape and safety planning, emergency shelter intake, parenting support	Phone: 403-234-7233 Toll-free: 1-866-606-7233 TTY: 403-262-2768 https://fearisnotlove.ca/
Men And	Men's wellness resource line by Fear Is Not Love	1-833-327-MENS (6367)
Sheriff King YWCA of Calgary Crisis Line and Shelter	24 hour Crisis, Shelter and YW Family Home support and services	Phone: 403-266-0707 https://www.ywcalgary.ca/sheriffking www.ywcalgary.ca

General

Adults Living with Advanced Illness/Children's Grief Centre	Support for advanced illness and grief	Phone: 403-263-4525 Email: infor@hospicecalgary.ca www.hospicecalgary.ca
Bullying Helpline	Support, information or referrals	403-310-1818 www.alberta.ca/bullying
Calgary Communities Against Sexual Abuse	Primary sexual harassment, sexual abuse and sexual assault crisis, counselling and education service provider for Calgary and the surrounding areas	Phone: 403-237-5888 Alberta One Line for Sexual Violence: 1-866-403-8000 www.calgarycasa.com

Calgary Counselling Centre	Professional counselling services	Phone: 1-833-827-4229 https://calgarycounselling.com/
Calgary Family Therapy Centre	Family therapy and counselling services	Phone: 403-802-1680 https://www.familytherapy.org/
CDN Mental Health Assoc. CARYA	(CMHA) Monday-Friday, 11am-4pm Individual and Family Support and Services (Family and Older Adult Counselling/Adoption Counselling/Kinship Counselling)	Phone: 403-297-1700, Press 5 for Peer Support https://caryacalgary.ca/
Centre for Newcomers (Calgary)	Therapy and support services for newcomers	Phone: 403-569-3325 Email: info@centrefornewcomers.ca www.centrefornewcomers.ca/therapyandsupport
Centre for Sexuality	Short-term counselling related to relationships, sexuality, gender and sexual diversity and sexual health	Phone: 403-283-5580 Email: info@centreforsexuality.ca www.centreforsexuality.ca
Child and Family Services/ Child Intervention Unit	24 Hours for Financial Assistance, support for Seniors, support for Disability and Income Support (press 6)	Phone: 1-800-387-5437
CIWA (Calgary Immigrant Women's Association)	Support for immigrant women and newcomer services	Phone: 403-263-4414 https://ciwa-online.com/newcomer-services/
DOAP Helpline (Alpha House)	Alpha House Downtown Outreach for Addiction/Homeless/ Non-emergency	Phone: 403-998-7388 https://alphahousecalgary.com/contact/
First Nations Health Authority	Residential School Survivors and Family Crisis Line	Phone: 1-866-913-0033 Email: info@fnha.ca www.fnha.ca/
Foodbanks Alberta	Find local foodbanks across Alberta	www.foodbanksalberta.ca
Hope for Wellness	Crisis line for all Indigenous people across Canada	Phone: 1-855-242-3310 www.hopeforwellness.ca
Income Support Contact Centre	Financial help for basic needs (e.g., food, clothing, shelter)	Phone: 1-866-644-5135 (Press 4 for Emergency Benefits)
Kickstand Connect	No cost mental health support for young people ages 12-25. Confidential virtual clinic. Walk-in mental health and/or substance use counselling	https://mykickstand.ca/connect/
Kids Help Phone	24 Hours (APP: Always There)	Phone: 1-800-668-6868 Text: 686868 www.kidshelpphone.ca
Outlink	Support, education, outreach, and referrals for the 2SLGBTQIA+	Phone: 403-234-8973 https://www.calgaryoutlink.ca/
Poison Control Service	24-hour poison control services	Phone: 1-800-332-1414
Senior Connect/The Way In	Access support for seniors via Distress Centre	Phone: 403-266-4357 https://distresscentre.com/
Suicide Prevention Training	Abridge Consulting - Suicide prevention training and workshops	www.abridgeconsulting.ca
Trellis Society	Sliding scale, fee per service, in-person, video or phone Counselling, Shelter, Youth and 2SLGBTQIA++ support	Email: therapyreferrals@growwithtrellis.ca www.growwithtrellis.ca
Unison (formerly Kerby Center)	Services for seniors (ages 65+)	Phone: 403-265-0661 Email: HelloYYC@UnisonAlberta.com https://unisonalberta.com/
YW Calgary	Housing, Domestic Violence, Family Access/resources, Counselling, Child-Care	Phone: 403-266-0707 24 - Hour Crisis Line Phone: 403-263-1550 - YW Main Line www.ywcalgary.ca/

Resources for Indigenous Peoples and Educational Resources for Others

Aboriginal Friendship Center	Programs include Community Connection, Housing Services Client Services, Outreach/Cultural Reconnection, Women's Group	Phone: 403-270-7379 https://www.afccalgary.org/
Alberta Native Friendship Centres Association	Friendship centres offering culturally appropriate programs and services for connection and empowerment	https://anfca.com
Indian Residential School Survivors Society (IRSSS)	Provides support for survivors of Indian Residential Schools	Phone: 1-866-925-4419 Lamathut 24/7 Support: 1-800-721-0066 National Crisis Support: 1-866-925-4419 https://www.irsss.ca
Indigenous Health	Accessible, culturally appropriate health services for First Nations, Métis and Inuit people in Alberta.	https://www.albertahealthservices.ca/info/Page11949.aspx
Indigenous Liaison Hospital Services	Works with Indigenous patients and families at the Alberta Children's Hospital	http://fcr.albertahealthservices.ca/indigenous-health/ihl/
Indigenous Mental Health Program	Provides culturally appropriate mental health services for Indigenous clients, collaborating with diverse healthcare personnel	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1017002
Mini Thni Virtual Wellbriety	Run by Stoney Health Services, weekly online Zoom meetings, no referral required ("anyone is welcome")	https://touch.facebook.com/StoneyHealthCentre/photos/a.323606657776191/2403677179769118/?type=3&source=48
Miskanawah Healing Lodge	Family programs, youth programs, community programs	Miskanawah Phone: 403-247-5003 East Ext. 1 West Ext. 2 https://miskanawah.ca/
National Centre for Truth and Reconciliation	Provides educational materials related to Indigenous history and truth reconciliation	https://nctr.ca/education/
Traditional Wellness Counsellor Services	Available in Calgary hospitals, provides counselling, support, education, and traditional healing services to Indigenous Peoples	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1070610

Private Pay Per Service Options: Psychology Today, Alberta College of Social Work, Association of Alberta Psychologists

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