

Counselling Handout

Crisis Helpline and Resources:

- **Distress Centre – (403-266-4357/403-266-HELP)** – Offers 24/7 confidential crisis support over the phone. Online help also available from 5pm-10pm daily at www.distresscentre.com
- **Suicide Prevention Line – (1-800-784-2433/1-800-SUICIDE)** – Offers 24/7 confidential, non-judgemental support to anyone feeling suicidal, thinking about suicide, is worried about someone else or who has lost someone to suicide.
- **Access Mental Health – (403-943-1500)** – Serves as a gateway to several AHS mental health and addictions program. Mental Health Clinicians will complete an assessment over the phone to assist clients navigate the mental health system and make referrals as appropriate. Open Monday-Friday (8am-5pm).

Crisis Counselling: *Short term or single session counselling offered on a first come, first served basis. As this counselling is for walk-in counselling, you can return as many times as you like, however you are not guaranteed to have the same counsellor each time.*

- **Eastside Family Centre – (403-299-9696)** **Northgate Mall: Suite 255, 495 36th Street NE**
Offers a no-fee, walk-in 50-minute counselling session with a qualified mental health professional. Service is available on a first-come, first served basis with no appointment required. Service is available for individuals, couples and families. Hours of operation are Monday-Thursday (11am-7pm), Friday (11am-6pm), and Saturday (11am-4pm). The centre is closed on Sundays and all statutory holidays.
- **AHS Mental Health Walk-In – (403-943-9374)** **South Calgary Health Centre: 2nd Floor, 31 Sunpark Plaza SE**
Walk-in therapy on a single session basis is offered to clients of all ages. Hours of operation are Monday (1-7pm), Tuesday -Thursday (11am-7pm) and Friday (12-5pm). The program is closed on Sundays and statutory holidays. This service is covered under Alberta Health Care. This program also has counseling via email.
- **Distress Centre – (403-266-4357)** **Suite 300, 1010 8th Avenue SW**
Offers free counselling (up to 6 sessions) for individuals, groups and families with a registered Social Worker. Evening and emergency/walk-in appointment also available. Please contact helpline and request an intake for counselling.

Long-Term Counselling: *Individual, couple or family counselling offered by the same counsellor. Sessions can address a variety of issues over an extended period of time. Sessions are typically offered on a sliding scale, meaning the fee can be negotiated based on your income level.*

- **Calgary Counselling Centre – (403-691-5991)** **Suite 200, 940 – 6th Avenue SW**
Offers individual, youth, couple, family and group counselling on a variety of issues. The centre utilizes a Feedback Informed Treatment model, designed to ensure you become an expert in your life as quickly and effectively as possible. Prior to accessing services, a 15-minute intake must be complete either online or over the phone. A satellite counselling centre is also available in High River with the same intake procedure.

AHS Rural Mental Health/Addictions –(403-943-1500)

Short-term and long-term therapy is available to help people address and manage their emotional, psychological, addiction and mental health concerns. Individuals can call to self-refer for therapy services. Offices also available in Airdrie, Chestermere, Cremona, Didsbury, High River, Nanton and Black Diamond. This phone number is for the main AHS Access Mental Health line, all referral go through this number.

- Carya (Calgary Family Services) – (403-269-9888) 180, 839 5 Ave SW**

Two major counselling programs are available, with counsellors located in numerous offices throughout the city. First, a Child and Family program offers counselling to couples, family, child/youth (ages 11-14) or single adults actively parenting a child under 24 years old. This program is relationship focused and aims to decrease stress and increase overall family functioning. Second, an Older Adults Program offers counselling to those aged 65+, providing help and hope in managing life changes; in some cases, in-home counselling for seniors can be arranged. Carya also provides education seminars, including Empowerment Seminars for girls, women, parents and caregivers. Finally, Carya offers a 10-week Anger Management workshop, as well as a 7-part Making Anger Work for Parents workshop.
- Catholic Family Services – (403-233-2360) Suite 250, 707 – 10th Avenue SW**

Offers individual, youth, couple, family and group counselling on a variety of issues. Clients served come from all faith and cultural backgrounds, therefore you do not have to be Catholic to access services. There are numerous satellite offices throughout the city to serve you. In addition, Catholic Family Services offers parent support programs, a specialized counselling program for individuals who are deaf or hard of hearing (Butterfly Program), as well as a Multicultural Counselling Program for newcomers to Canada.
- Calgary Women’s Health Collective – (403-265-9590) 3rd Floor, 223 – 12 Avenue SW**

Offers individual counselling to female clients by female counsellors. The collective operates from a positive, holistic approach that recognizes both individual and environmental factors affecting women’s well-being. Couples counselling also available.

Specialty Counselling: *Short term counselling offered by specialized counsellors to address a specific issue and/or crisis.*

- Calgary Communities Against Sexual Abuse (CCASA) – (403-237-5888) Suite 700, 910 - 7th Avenue SW**

Counselling and support services available for individuals, friends and family members who have been impacted by sexual abuse and/or sexual assault. Offers a 24-hour Support and Information line (same number listed above) as well as short term individual (up to 18-sessions) and group counselling. Individual counselling is free of charge, however there is a small fee associated with group counselling.
- Calgary Family Therapy Centre – (403-802-1680) #600, 1816 Crowchild Tr. NW**

Offers therapy to families who are most concerned about the emotional and behavioural problems of a family member who is 18 years or younger. The centre is a teaching facility that is associated with the Faculty of Medicine and the Faculty of Social Work at the University of Calgary.
- Men’s Counselling Service – (403-299-9680) Northgate Mall, Suite 225, 495 36th Street NE**
(Part of Calgary Women’s Emergency Shelter)

Offers individual and group counselling for men who want to change their abusive behaviour. Men must make the first appointment themselves (evenings and weekends available if required). Once counselling has started, their partners may also be offered support and counselling. This service is free of charge.
- Elbow River Healing Lodge – (403-955-6600) Sheldon Chumir Health Centre, 7th Floor, 1213 – 4th Street SW**

Offers elder consultation, traditional wellness counsellors, aboriginal liaison advocates, and aboriginal mental health workers to aboriginal clients. The clinic hours are 830am-430pm, Monday to Friday. This service is covered under Alberta Health Care.