

Call 211 for Additional Information

<p>The Distress Centre: 24 Hour Crisis Line</p> <ul style="list-style-type: none"> • Contact: 403-266-HELP (403-266-4357) <ul style="list-style-type: none"> ○ Hearing Impaired: 403-543-1967 • For: 24/7 Crisis support counselling • Hours: 24 Hours a day, 7 days a week 	<p>The Distress Centre: Online Chat</p> <ul style="list-style-type: none"> • Contact: https://www.distresscentre.com/need-help/ • For: Crisis support counseling • Hours: <ul style="list-style-type: none"> ○ Monday to Friday, 3:00pm -10:00pm MST ○ Saturday and Sunday, 12:00pm (noon) – 10:00pm
<p>Alberta Health Services Mental Health Help Line:</p> <ul style="list-style-type: none"> • Contact: 1-877-303-2642 • Addiction Helpline: 1-866-332-2322 • For: Support, information, and referrals for Albertans experiencing mental health concerns. • Hours: 24 Hours a day, 7 days a week • What they offer: <ul style="list-style-type: none"> • The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists. • Service is confidential/anonymous and provides support as well as information about mental health programs and services. 	<p>Hope for Wellness Line:</p> <ul style="list-style-type: none"> • Contact: <ul style="list-style-type: none"> ○ Phone: 1-855-242-3310 ○ Online Chat: https://www.hopeforwellness.ca/ • What they offer: <ul style="list-style-type: none"> ○ The hope for wellness line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally competent Help Line counsellors can help if you: want to talk, are distressed, have strong emotional reactions and/or are triggered by painful memories. ○ Telephone and online counselling are available in English and French. ○ On request, telephone counselling is also available in: Cree, Ojibway, and Inuktitut.

Alberta Health Services: Mental Health Urgent Care

- Urgent mental health services are available with no appointment through the Urgent Care department.
- **Virtual Mental Health:** Virtual addiction and mental health supports are available through video, telephone, and messaging.
- **Togetherall:** A clinically moderated, online peer-to-peer mental health community encouraging individuals to anonymously seek and provide support 24/7. This program is available for free to all Albertans aged 16+, to register use your Alberta postal code.

Contact information:**Sheldon M. Chumir Health Centre**

- Contact: 403-955-6200
- Address: 1213 4 Street SW, Calgary, Alberta T2R 0X7
- Hours: 8:00am-10:00pm, 7 days a week.

South Calgary Health Centre

- **Mental Health Urgent Care:**
 - Contact: 403-943-9383
 - Address: 31 Sunpark Plaza SE, Calgary, Alberta T2X 3W5
 - Hours: 8:00am – 10:00pm, 7 days a week.
- **Adult Mental Health Service:**
 - Contact: 403-943-1500
 - Address: 31 Sunpark Plaza SE, Calgary, Alberta T2X 3W5 (second floor)
 - Hours: Monday-Friday: 8am-4pm
- **Mental Health Walk-in:**
 - Contact: 403-943-1500
 - Address: 31 Sunpark Plaza SE, Calgary, Alberta T2X 3W5 (second floor, ask for walk in)
 - Hours: Monday – Thursday: 4pm-7pm, Friday: 9am-12pm

The Distress Centre: ConnecTeen for Youth

For: A confidential peer support service for youth in Calgary and area.

Contact:

- **Call: 403-264-TEEN (403-264-8336)**
 - **Hours:** 24 Hours a day, 7 days a week.
 - **Notes:** Phone is answered 24 hours a day, 7 days a week. Peer support is available for 5:00pm – 10:00pm Monday to Friday, and from 12:00 pm (noon) - 10:00pm on Saturday and Sunday. Outside of these hours, an adult volunteer will answer the phone.
- **Online Chat: <https://calgaryconnecteen.com/>**
 - **Hours:** Monday to Friday, 3:00pm – 10:00pm and Saturday-Sunday, 12:00pm (noon) - 10:00pm.
- **Text: 587-333-2724**
 - **Hours:** Monday-Friday, 3:00pm – 10:00pm, Saturday and Sunday 12:00pm-10:00pm
 - **Email: ConnecTeen@distresscentre.com**
 - **Notes:** Emails are responded to within 24-28 hours. For more urgent concerns, it is better to call, text, or chat.

<p style="text-align: center;">Distress Centre: Counselling</p> <p>Contact:</p> <ul style="list-style-type: none"> • 403-266-HELP (4357) • distresscentre.com/get-help/counselling • 500, 999 8th Street SW, Calgary, AB T2P 1J2 <p>For:</p> <ul style="list-style-type: none"> • Free counselling with registered social workers for individuals, children/youth, families, couples, and groups. Approximately 6 sessions. Does not provide treatment for mental health conditions. <p>Notes:</p> <ul style="list-style-type: none"> • To book appointment – call or complete intake form online. Evening and emergency appointments available. 	<p style="text-align: center;">Insight Counselling & Therapy Centre</p> <ul style="list-style-type: none"> • Contact: 403-210-0334 • Address: 4620 Manilla Rd. SE Calgary, AB T2G 4B7 • What they offer: <ul style="list-style-type: none"> ○ Individual Counselling & Therapy: therapist can help with mental illness, domestic violence, anxiety, depression, suicide, and personal growth. ○ Couples counselling ○ “Just Breath” program for ages six to twelve years old that focuses on anger and feelings management. • Fees: On a sliding scale.
<p style="text-align: center;">Calgary Immigrant Women’s Association (CIWA): Counseling for Immigrant Women</p> <ul style="list-style-type: none"> • Contact: 403-263-4414 • Address: 200, 138 4th Ave SE • For: The program provides immigrant women (including seniors and youth) with the opportunity to become involved in the community and develop a sense of belonging. • Fees: Free • What do they offer: <ul style="list-style-type: none"> ○ One-on-one individual counselling ○ Group counselling sessions ○ Educational sessions focusing on women’s health, mental health, and well-being ○ Group wellness and community engagement activities ○ In-home support ○ Intergenerational activities between seniors and youth 	<p style="text-align: center;">Eastside Family Counselling 403-299-9699 255 495 36 St. NE</p> <ul style="list-style-type: none"> • no-charge, walk-in (by appt. due to COVID), single-session counselling to individuals, couples and families • 50 minute sessions • Referrals to other services • Focused counselling <ul style="list-style-type: none"> ○ Youth and their families – up to six appointments with same qualified therapist • eTherapy or Counselling via E-mail <ul style="list-style-type: none"> ○ single session eTherapy free of cost • complete intake form online and email to EFC.eCounselling@woodshomes.ca • Other Locations running during COVID: <ul style="list-style-type: none"> ○ Inglewood Campus: 1008 14 St. SE (403-262-9953) • Hours: <ul style="list-style-type: none"> ○ Monday: 1pm-7pm ○ Tuesday-Thursday: 11am-7pm ○ Friday: 12pm-5pm ○ Saturday: 11am-4pm ○ Closed Sundays and statutory holidays

<p style="text-align: center;">Carya Family Services General Inquiries: 403-269-9888 Intake Coordinator: 403-205-5244 caryacalgary.ca 180, 839 5 Ave SW</p> <ul style="list-style-type: none"> • Counselling/supports for individuals, families, older adults, and youth focused on abuse, anxiety, trauma, anger management, addiction, and self-esteem. • fees based on sliding scale • provided through 10 community offices and some language support is available • call Intake Coordinator to book appointment • Hours: <ul style="list-style-type: none"> ○ Monday-Friday: 8am-5pm 	<p style="text-align: center;">Calgary Counselling Centre Register for Counselling: 833-827-4229 (Mon-Fri: 9am-4pm) Main Office: 403-265-4980 Suite 1000-105, 12 Avenue SE Calgary, AB, T2G 1A1 calgarycounselling.com</p> <ul style="list-style-type: none"> • provides counselling for individuals, couples, children, youth, and families. Counsellors have experience in helping with a wide range of topics. • no waitlist • fees based on sliding scale • Register online (open 24 hours/day) or call for intake • Hours: <ul style="list-style-type: none"> ○ Monday-Thursday: 8:30 am-7:30 pm ○ Friday: 8:30am-5pm, Saturday: 9am-3:30pm
<p style="text-align: center;">Jewish Family Service 403-287-3510 420, 5920 1A St SW</p> <ul style="list-style-type: none"> • Limited counselling for individuals, child/youth, families, couples and groups • Mental Health Support Line: short-term, brief intervention for individuals who are struggling with their mental health due to the pandemic. <ul style="list-style-type: none"> ○ Therapy provided by a registered provisional psychologist. ○ Up to three sessions free of charge. ○ Open to all individuals. • Seniors Mental Health & Addiction Response Team: team consisting of a social worker and licensed practical nurse that specializes in mental health and addiction. • All faiths and cultures welcome • Fees based on sliding scale • Email: info@jfsc.org <ul style="list-style-type: none"> ○ <i>Hours:</i> Monday-Thursday 8:30am-5pm, Friday 8:30am-2pm 	<p style="text-align: center;">Catholic Family Service 403-233-2360 https://www.cfs-ab.org/intake@cfs-ab.org 250, 707 – 10 Avenue SW Calgary, AB T2R 0B3</p> <ul style="list-style-type: none"> • Pay what you can • No wait list • For individuals, couples, and families • Call or email: • Hours: <ul style="list-style-type: none"> ○ Monday- Thursday: 9am-6pm ○ Friday: 9am-4:30pm ○ Saturday & Sunday: CLOSED
<p style="text-align: center;">SupportWorks 403-305-4465 supportworks.ca 223 12 Ave SW</p> <ul style="list-style-type: none"> • Free weekly adult mental health support groups for adults living with anxiety, depression, bipolar, obsessive-compulsive and post-traumatic stress disorders. • Drop-in: look at calendar for locations and times. • Hosted at various locations throughout Calgary. • contact@supportwork.ca 	