

the
WOMEN'S Mental Health Resources in Calgary
CENTRE

Call 211 for Additional Information

Distress Centre – Crisis Support
403-266-HELP (4357)
distresscentre.com
Suite 300, 1010 - 8th Avenue SW
Calgary, AB T2P 1J2

- 24/7/365 telephone support : 403-266-HELP (4357)
- Online chat: <http://www.distresscentre.com/> from 3-10 pm
- Email: help@distresscentre.com (answered in 24-48 hours)

Distress Centre – ConnecTeen for Youth
403-264-8336
calgaryconnecteen.com
Suite 300, 1010 - 8th Avenue SW
Calgary, AB T2P 1J2

- Phone (24/7): 403-264-8336
 - Peer support available **5-10pm M-F** and **12-10pm on Saturday and Sunday**
 - Outside these hours, adults answer calls
- Text (evenings/weekends): 587-333-2724
 - **M-F: 3-10pm**
 - **Saturday and Sunday: 12-10pm**
 - **3- 5PM Weekdays adults respond to texts**
- Confidential chat: <http://calgaryconnecteen.com/>
 - **M-F: 3-10pm**
 - **Saturday and Sunday: 12-10pm**
 - **3-5pm weekdays adults respond to chats**
- Email: ConnecTeen@distresscentre.com (answered in 24-48 hours)

Distress Centre – Counselling
403-266-HELP (4357)
distresscentre.com/get-help/counselling
Suite 300, 1010 - 8th Avenue SW
Calgary, AB T2P 1J2

- Free counselling with registered social workers for individuals, children/youth, families, couples, and groups
 - Approximately 6 sessions
 - Do not provide specific treatment for mental health conditions
- To book appointment – call or complete intake form online
 - Evening and emergency appointments available

Eastside Family Counselling
403-299-9699
255 495 36 St. NE

- no-charge, walk-in, single-session counselling to individuals, couples and families
- 50 minute sessions
- Referrals to other services
- Focused counselling
 - Youth and their families – several appointments with same qualified therapist
- eTherapy or Counselling via E-mail
 - single session eTherapy free of cost
- complete intake form online and email to EFC.eCounselling@woodshomes.ca
- **Hours:**
 - Monday-Thursday: 11am-7pm
 - Friday: 11am-6pm
 - Saturday: 11am-4pm
 - Closed Sundays and statutory holidays

Calgary Immigrant Women's Association
403-263-4414
www.ciwa-online.com
#200, 138 4 Avenue SE

- free counselling for immigrant women
- for more information: familyservices@ciwa-online.com
- referrals to access basic needs and services
- free childcare and first language support available

First Nations and Inuit Hope for Wellness Help Line
Toll Free 1-855-242-3310

- open 24/7
- culturally competent support and crisis intervention for Indigenous people
- recommendations for follow up services
- available in English and French
 - upon request: Cree, Ojibway, and Inuktitut

Carya Family Services
Intake Coordinator: 403-205-5244
caryacalgary.ca
200, 1000 8 Avenue S.W

- counselling for child/youth, families, couples, and groups
- fees based on sliding scale
- provided through 10 community offices and some language support is available
- call Intake Coordinator to get started

Calgary Counselling Centre
403-691-5991 (Call Centre)
Suite 1000-105, 12 Avenue SE Calgary, AB, T2G 1A1
calgarycounselling.com

- provides counselling for all (individuals, youth, families) of all backgrounds
- no waitlist
- fees based on sliding scale
- Register online (open 24 hours/day) or call for intake
- Group support can be accessed through individual counselling
- **Hours:**
 - Monday-Thursday: 8:30 am-7:30 pm
 - Friday: 8:30am-5pm, Saturday: 9am-4pm

Jewish Family Service
403-287-3510
jfsc.org/programs--services/counselling.html
#420 5920 - 1A Street SW

- fees based on sliding scale
- all faiths and cultures welcome
- counselling for individuals, child/youth, families, couples, and groups
- call or email: counselling@jfsc.org
- **Hours:**
 - Monday: 8:30am-5pm
 - Tuesday: 8:30am-5pm
 - Wednesday: 8:30am-8pm
 - Thursday: 8:30am-5pm
 - Friday: 8:30am-2pm

Catholic Family Service
403-233-2360
cfs-ab.org/what-we-do/mental-health-wellbeing/affordable-counselling
250, 707 – 10 Avenue SW Calgary, AB T2R 0B3

- Everyone is welcome
- Pay what you can
- No wait list
- For individuals, couples, and families
- Call or email: intake@cfs-ab.org
- **Hours:**
 - Monday: 8:30AM – 5:00PM
 - Tuesday, Wednesday and Thursday: 8:30AM – 8:00PM
 - Friday: 8:30AM – 4:30PM

Sunrise Native Addictions Services
403-261-7921
nass.ca
1231 - 34 Avenue NE

- Residential treatment: 6 week in-house program , \$40/day (call, extension 121)
- Outpatient service: 4 weeks, free (call)
- Free family counselling for families recovering from alcohol and drug addictions (call, ext 120)
- Programs available to everyone over 18
- Must be alcohol and drugs free for 3 days

Insight Counselling and Therapy Centres
403.210.0334
insightcentre.org
4620 Manilla Rd. S.E.

- Low-cost counselling (fees based on sliding scale)
- Counselling for individuals, families, couples, groups, children/youth
- Call to get started

SupportWorks
403-305-4465
supportworks.ca
223 12 Ave SW

- Free weekly adult mental health support groups for adults living with anxiety, depression, bipolar, obsessive-compulsive and post-traumatic stress disorders
- Drop-in
- Hosted at various locations throughout Calgary
- contact@supportwork.ca