

Call 211 for Additional Information

<p style="text-align: center;"><b>The Distress Centre</b> 500, 999 8<sup>th</sup> Street SW, Calgary <b>403-266-4357</b></p> <p><b>Crisis Support</b></p> <ul style="list-style-type: none"> <li>• 24 Hour Crisis Line: 403-266-4357</li> <li>• 403-543-1967 (Hearing impaired)</li> <li>• Online chat also available: <a href="https://www.distresscentre.com/need-help/">https://www.distresscentre.com/need-help/</a> (Mon-Fri 3-10pm, Sat &amp; Sun 12-10pm)</li> </ul> <p><b>Counselling</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• To book appointment – call or complete intake form online: <a href="https://www.distresscentre.com/get-help/counselling">distresscentre.com/get-help/counselling</a></li> </ul>	<p style="text-align: center;"><b>Alberta Health Services Mental Health Help Line:</b> <b>24 hours/7 days per week</b> <b>1-877-303-2642</b> <b>Addiction Helpline: 1-866-332-2322</b></p> <ul style="list-style-type: none"> <li>• Support, information, and referrals for Albertans experiencing mental health concerns.</li> <li>• The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.</li> <li>• Service is confidential/anonymous and provides support as well as information about mental health programs and services.</li> </ul>
<p style="text-align: center;"><b>The Distress Centre: ConnecTeen for Youth</b> 500, 999 8<sup>th</sup> Street SW, Calgary <b>403-264-8336 (24/7)</b> <b>connecteen@distresscentre.com</b></p> <p>Confidential peer support service for youth in Calgary and area.</p> <ul style="list-style-type: none"> <li>• <b>Online Chat:</b> <a href="https://calgaryconnecteen.com/">https://calgaryconnecteen.com/</a> <i>Hours: Monday to Friday, 3:00pm – 10:00pm and Saturday-Sunday, 12:00pm (noon) - 10:00pm.</i></li> <li>• <b>Text: 587-333-2724</b> <i>Hours: Monday-Friday, 3:00pm – 10:00pm, Saturday and Sunday 12:00pm-10:00pm</i></li> </ul>	<p style="text-align: center;"><b>Alberta Health Services: Mental Health Urgent Care</b></p> <ul style="list-style-type: none"> <li>• Urgent mental health services are available with no appointment through the Urgent Care department.</li> <li>• Virtual Mental Health: Virtual addiction and mental health supports are available through video, telephone, and messaging</li> </ul> <p><b>Sheldon M. Chumir Health Centre</b> 1213 4 Street SW, Calgary, Alberta T2R 0X7 403-955-6200 8:00am-10:00pm, 7 days a week.</p> <p><b>South Calgary Health Centre</b> 31 Sunpark Plaza SE, Calgary, Alberta T2X <u>Mental Health Urgent Care:</u> 403-943-9383 from 8:00am – 10:00pm, 7 days/week. <u>Adult Mental Health Service (second floor)</u> 403-943-1500 from Monday-Friday: 8am-4pm <u>Mental Health Walk-in (second floor):</u> 403-943-1500 from Mon – Thurs: 4pm-7pm, Fri: 9am-12pm</p>

<p style="text-align: center;"><b>Insight Counselling &amp; Therapy Centre</b>  <b>403-210-0334</b>  <b>4620 Manilla Rd SE Calgary, AB</b></p> <ul style="list-style-type: none"> <li>• Individual Counselling &amp; Therapy: therapists can help with mental illness, domestic violence, anxiety, depression, suicide, and personal growth.</li> <li>• Couples counselling</li> <li>• “Just Breath” program for ages six to twelve years old that focuses on anger and feelings management.</li> <li>• Sessions are on a sliding scale</li> </ul>	<p style="text-align: center;"><b>Hope for Wellness Line</b>  <b>1-855-242-3310</b>  <b>Online Chat: <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a></b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Telephone and online counselling are available in English and French.</li> <li>• On request, telephone counselling is also available in: Cree, Ojibway, and Inuktitut.</li> </ul>
<p style="text-align: center;"><b>Calgary Immigrant Women’s Association (CIWA)</b>  <b>403-263-4414</b>  <b>200, 138 4<sup>th</sup> Ave SE</b>  <b>Counseling for Immigrant Women</b></p> <p>Provides immigrant women (including seniors and youth) with the opportunity to become involved in the community and develop a sense of belonging.</p> <ul style="list-style-type: none"> <li>• One-on-one individual counselling</li> <li>• Group counselling sessions</li> <li>• Educational sessions focusing on women’s health, mental health, and well-being</li> <li>• Group wellness and community engagement activities</li> <li>• In-home support</li> <li>• Intergenerational activities between seniors and youth</li> </ul>	<p style="text-align: center;"><b>Eastside Family Counselling</b>  <b>403-299-9699</b>  <b>255 495 36 St. NE</b></p> <ul style="list-style-type: none"> <li>• Walk-in (by appt. due to COVID), single-session counselling to individuals, couples and families</li> <li>• 50 minute sessions</li> <li>• Referrals to other services</li> <li>• Focused counselling <ul style="list-style-type: none"> <li>○ Youth and their families – up to six appointments with same qualified therapist</li> </ul> </li> <li>• eTherapy or Counselling via E-mail <ul style="list-style-type: none"> <li>○ single session eTherapy free of cost</li> </ul> </li> <li>• complete intake form online and email to <a href="mailto:EFC.eCounselling@woodshomes.ca">EFC.eCounselling@woodshomes.ca</a></li> <li>• <b>Other Locations running during COVID:</b> <ul style="list-style-type: none"> <li>○ Inglewood Campus: 1008 14 St. SE (403-262-9953)</li> </ul> </li> </ul>
<p style="text-align: center;"><b>Carya Family Services</b>  <b>General Inquiries: 403-269-9888</b>  <b>Intake Coordinator: 403-205-5244</b>  <b><a href="http://caryacalgary.ca">caryacalgary.ca</a></b>  <b>180, 839 5 Ave SW</b></p> <p>Counselling/supports for individuals, families, older adults, and youth focused on abuse, anxiety, trauma, anger management, addiction, and self-esteem.</p> <ul style="list-style-type: none"> <li>• fees based on sliding scale</li> <li>• provided through 10 community offices and some language support is available</li> </ul>	<p style="text-align: center;"><b>Catholic Family Service</b>  <b>403-233-2360</b>  <b><a href="https://www.cfs-ab.org/intake@cfs-ab.org">https://www.cfs-ab.org/intake@cfs-ab.org</a></b>  <b>250, 707 – 10 Avenue SW Calgary, AB T2R 0B3</b></p> <ul style="list-style-type: none"> <li>• Pay what you can</li> <li>• No wait list</li> <li>• For individuals, couples, and families</li> <li>• Call or email to book appointment</li> </ul>

<p style="text-align: center;"><b>Jewish Family Service</b> 403-287-3510 420, 5920 1A St SW</p> <ul style="list-style-type: none"> <li>Limited counselling for individuals, child/youth, families, couples and groups</li> <li><b>Mental Health Support Line:</b> short-term, brief intervention for individuals who are struggling with their mental health due to the pandemic. <ul style="list-style-type: none"> <li>Therapy provided by a registered provisional psychologist.</li> <li>Up to three sessions free of charge.</li> <li>Open to all individuals.</li> </ul> </li> <li><b>Seniors Mental Health &amp; Addiction Response Team:</b> team consisting of a social worker and licensed practical nurse that specializes in mental health and addiction.</li> <li>All faiths and cultures welcome</li> <li>Fees based on sliding scale</li> <li>Email: <a href="mailto:info@jfsc.org">info@jfsc.org</a></li> </ul> <p><i>Hours: Monday-Thursday 8:30am-5pm, Friday 8:30am-2pm</i></p>	<p style="text-align: center;"><b>Calgary Counselling Centre</b> <b>Register for Counselling: 833-827-4229 (Mon-Fri: 9am-4pm)</b> <b>Main Office: 403-265-4980</b> <b>Suite 1000-105, 12 Avenue SE Calgary, AB, T2G 1A1</b> <b><a href="http://calgarycounselling.com">calgarycounselling.com</a></b></p> <ul style="list-style-type: none"> <li>provides counselling for individuals, couples, children, youth, and families. Counsellors have experience in helping with a wide range of topics.</li> <li>no waitlist</li> <li>fees based on sliding scale</li> <li>Register online (open 24 hours/day) or call for intake</li> <li><b>Hours:</b> <ul style="list-style-type: none"> <li>Monday-Thursday: 8:30 am-7:30 pm</li> <li>Friday: 8:30am-5pm, Saturday: 9am-3:30pm</li> </ul> </li> </ul>
<p style="text-align: center;"><b>SupportWorks</b> 403-305-4465 <b><a href="http://supportworks.ca">supportworks.ca</a></b> <b>223 12 Ave SW</b></p> <ul style="list-style-type: none"> <li>Free weekly adult mental health support groups for adults living with anxiety, depression, bipolar, obsessive-compulsive and post-traumatic stress disorders.</li> <li>Drop-in: look at calendar for locations and times.</li> <li>Hosted at various locations throughout Calgary.</li> </ul> <p style="text-align: center;"><a href="mailto:contact@supportwork.ca">contact@supportwork.ca</a></p>	<p style="text-align: center;"><b>Togetherall</b> <a href="https://alberta.cmha.ca/togetherall-virtual-mental-health/">https://alberta.cmha.ca/togetherall-virtual-mental-health/</a></p> <ul style="list-style-type: none"> <li>online peer-to-peer mental health community to anonymously seek and provide support 24/7</li> <li>Safe place online to get things off your chest, have conversations, express yourself creatively and learn how to manage your mental health</li> <li>Available to all Albertans 16+</li> </ul>
<p style="text-align: center;"><b>Community Connect YYC</b> <b><a href="http://Communityconnectyyc.ca">Communityconnectyyc.ca</a></b></p> <ul style="list-style-type: none"> <li>Provides online booking for affordable counselling known as Rapid Access Counselling for a variety of areas including Grief, General counselling, Children and Families, Domestic Violence and Sexual Health</li> <li>Often same day appointments can be booked online</li> <li>Counsellors are either through Catholic Family Services or CUPS</li> <li>Can also provide connection to longer term supports and basic needs</li> </ul>	