

Mental Health and Counselling Resources in Calgary



Call 211 for Additional Information

<p style="text-align: center;">The Distress Centre</p> <p style="text-align: center;">500, 999 8th Street SW, Calgary</p> <p style="text-align: center;">403-266-4357</p> <ul style="list-style-type: none"> • Crisis Support <ul style="list-style-type: none"> • 24 Hour Crisis Line: 403-266-4357 • 403-543-1967 (Hearing impaired) • Online chat also available: https://www.distresscentre.com/need-help/ (Mon-Fri 3-10pm, Sat & Sun 12-10pm) Counselling • 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. • To book appointment – call or complete intake form online: distresscentre.com/get-help/counselling 	<p style="text-align: center;">Alberta Health Services Mental Health Help Line: 24 hours/7 days per week 1-877-303-2642 Addiction Helpline: 1-866-332-2322</p> <ul style="list-style-type: none"> • Support, information, and referrals for Albertans experiencing mental health concerns. • 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 style="text-align: center;">The Distress Centre: ConnecTeen for Youth</p> <p style="text-align: center;">500, 999 8th Street SW, Calgary</p> <p style="text-align: center;">403-264-8336 (24/7) connectteen@distresscentre.com</p> <p style="text-align: center;">Confidential peer support service for youth in Calgary and area.</p> <ul style="list-style-type: none"> • 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 	<p style="text-align: center;">Alberta Health Services: Mental Health Urgent Care</p> <ul style="list-style-type: none"> • 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 <p>Sheldon M. Chumir Health Centre</p> <p>1213 4 Street SW, Calgary, Alberta T2R 0X7 403-955-6200 8:00am-10:00pm, 7 days a week.</p> <p>South Calgary Health Centre</p> <p>31 Sunpark Plaza SE, Calgary, Alberta T2X Mental Health Urgent Care: 403-943-9383 from 8:00am – 10:00pm, 7 days/week. Adult Mental Health Service (second floor) 403-943-1500 from Monday-Friday: 8am-5pm Mental Health Walk-in (second floor): 403-943-1500 from Mon – Thurs: 4pm-7pm, Fri: 9am-12pm</p>

<p style="text-align: center;">Insight Counselling & Therapy Centre</p> <p style="text-align: center;">403-210-0334</p> <p style="text-align: center;">5940 Macleod Trail SW</p> <ul style="list-style-type: none"> • Individual Counselling & Therapy: therapists 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. • Sessions are on a sliding scale 	<p style="text-align: center;">Hope for Wellness Line 1-855-242-3310</p> <p style="text-align: center;">Online Chat:</p> <p style="text-align: center;">https://www.hopeforwellness.ca/</p> <ul style="list-style-type: none"> • 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.
<p style="text-align: center;">Calgary Immigrant Women’s Association (CIWA)</p> <p style="text-align: center;">403-263-4414</p> <p style="text-align: center;">200, 138 4th Ave SE</p> <p style="text-align: center;">Counseling for Immigrant Women</p> <ul style="list-style-type: none"> • Provides immigrant women (including seniors and youth) with the opportunity to become involved in the community and develop a sense of belonging. • 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 	<p style="text-align: center;">Eastside Family Counselling</p> <p style="text-align: center;">403-299-9699 255</p> <p style="text-align: center;">495 36 St. NE</p> <ul style="list-style-type: none"> • Walk-in (by appt. due to COVID), single-session counselling to individuals, couples and families • 50 minute sessions • Referrals to other services • Focused counselling • Youth and their families – up to six appointments with same qualified therapist • eTherapy or Counselling via E-mail or single session eTherapy free of cost • complete intake form online and email to EFC.eCounselling@woodshomes.ca

<p style="text-align: center;">Carya Family Services</p> <p style="text-align: center;">General Inquiries: 403-269-9888</p> <p style="text-align: center;">Intake Coordinator: 403-205-5244</p> <p style="text-align: center;">caryacalgary.ca</p> <p style="text-align: center;">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 	<p style="text-align: center;">Catholic Family Service</p> <p style="text-align: center;">403-233-2360</p> <p style="text-align: center;">https://www.cfs-ab.org/ intake@cfs-ab.org</p> <p style="text-align: center;">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 to book appointment
<p style="text-align: center;">Jewish Family Service</p> <p style="text-align: center;">403-287-3510</p> <p style="text-align: center;">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. • 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 <p>Email: info@jfsc.org Hours: Monday-Thursday 8:30am-5pm, Friday 8:30am-2pm</p>	<p style="text-align: center;">Calgary Counselling Centre</p> <p style="text-align: center;">Register for Counselling: 833-827-4229 (Mon-Fri: 9am-4pm)</p> <p style="text-align: center;">Main Office: 403-265-4980 Suite 1000-105, 12 Avenue SE Calgary, AB, T2G 1A1</p> <p style="text-align: center;">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: o Monday-Thursday: 8:00 am-7:30 pm Friday: 8:00am-5pm, Saturday: 9:00am-3:30pm

<p style="text-align: center;">Community Connect YYC Communityconnectyyc.ca</p> <ul style="list-style-type: none">• 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• Often same day appointments can be booked online• Counsellors are either through Catholic Family Services or CUPS• Can also provide connection to longer term supports and basic needs	<p style="text-align: center;">Togetherall https://togetherall.com/en-us/accessing-mental-health-support/</p> <ul style="list-style-type: none">• online peer-to-peer mental health community to anonymously seek and provide support 24/7• Safe place online to get things off your chest, have conversations, express yourself creatively and learn how to manage your mental health• Available to all Albertans 16+
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