

Community Mental Health Supports for Families

Counselling Services (available at low- or no-cost)

[Access Mental Health](#).....call the intake line at 403-943-1500

[Calgary Counselling Centre](#).....register on their website, or call 833-827-4229

[CARYA](#).....call their intake line at 403-205-5244

[Kindred Connections Society](#)..... call 403-205-5294

[Calgary Family Therapy Centre](#)..... call 403-802-1680

[Calgary YWCA](#).....call 403-536-2844

[Health Link Alberta](#)..... call 811 or 1-866-332-2322

Immediate Crisis Support

[Distress Centre](#)[403-266-4357 \(HELP\)](tel:403-266-4357)

24/7 Crisis and suicide helpline. Provides crisis intervention, support to access appropriate local services when necessary (EMS, Calgary Police, or Mobile Response Team), and/or referrals to other agencies.

[Kid's Help Phone](#)[1-800-668-6868](tel:1-800-668-6868) Or text [CONNECT](text:CONNECT) to [686868](tel:686868)

24/7 Confidential helpline for youth. Professional counsellors are accessed by phone call; volunteer crisis responders are accessed by text; online chat also available.

[Suicide Crisis Helpline](#)[Call or text 988](tel:988)

24/7 Crisis helpline aimed at suicide prevention for anyone in Canada struggling with thoughts of suicide. Online chat also available.

[Wood's Home Mobile Crisis Family Support](#)[403-299-9699](tel:403-299-9699) Or text [587-315-5000](tel:587-315-5000)

Telephone and mobile therapeutic crisis services for families experiencing a crisis between parent and child or concerns with mental health. Crisis counselling team available 8 am to 11 pm, 7 days a week.

Helplines for Specific Populations

[Indigenous Hope for Wellness Helpline](#) [1-855-242-3310](tel:1-855-242-3310)

24/7 A helpline available to all Indigenous people across Canada, to support with crisis, accessing resources, or talking through challenges; online chat also available.

[Black Youth Helpline](#) [1-833-294-8650](tel:1-833-294-8650)

A helpline focused on supporting the need for a Black youth specific service; available 9 am to 10 pm

[LGBT National Hotline](#) [1-888-843-4564](tel:1-888-843-4564)

A U.S.-based hotline available in Alberta to support people of all ages with challenges unique to the 2SLGBTQ+ community, as well as suicide; chat online also available **not a 24/7 service

[Trans Lifeline](#) [1-877-330-6366](tel:1-877-330-6366)

A peer support phone service for trans and questioning peers **not a 24/7 service

[Calgary Communities Against Sexual Abuse](#) [403-237-5888](tel:403-237-5888)

24/7 crisis/information line for anyone who has been affected by any form of sexual violence. Crisis intervention, information, emotional support, problem solving, and referrals are available.

Urgent, In-Person Mental Health Care (free)

[The Summit: Owerko Family Walk in Services](#) 1015 17th St, NW [587-534-7200](tel:587-534-7200)

Free, walk-in mental health clinic, provides a session with a mental health professional who can provide crisis support, advice, and connections to resources. Open 9 am to 9 pm on weekdays; 9 am to 5 pm on weekends.

[Eastside Community Mental Health Services](#) #255 495 36 St., NE [403-299-9699](tel:403-299-9699)

Free mental health clinic offering a range of supports. Access a session with a mental health professional who can provide crisis support, advice, and connections to resources; call for a rapid-access appointment. Phone line is open from 8 am to 11 pm, 7 days a week.

[South Calgary Health Centre](#) 31 Sunpark Plaza, SE [403-943-9374](tel:403-943-9374)

This urgent care site provides urgent, single-session mental health care. Call for an appointment.

[Sheldon M. Chumir Health Centre](#) 1213 4th St, SW [403-955-6200](tel:403-955-6200)

This urgent care site provides urgent, single-session mental health care, on a walk-in basis.

In An Emergency: Hospital Emergency Rooms

Alberta Children's Hospital Emergency

28 Oki Dr., NW403-955-7070

Foothills Hospital Emergency

1403 29 Street, NW403-944-1110

Peter Lougheed Emergency

3500 26th Avenue, NE403-943-4555

Rockyview General Hospital

7007 14th Street, SW403-943-3000

South Health Campus

4448 Front Street, SE403-956-1111

Dial 2-1-1 to get connected to the community service that you need. 2-1-1 can help with finding any community, social, or government services in Calgary. It is free, confidential, multilingual, and available 24 hours a day.