

Mental Health Support

- Alberta Health Services
Mental Health Help Line (24/7)---1-877-303-2642
Addiction Help Line (24/7)-----1-866-332-2322
- Woods Homes Eastside Family Center
Free Counselling-----403-270-1718
Text-----403-299-9699
- South Calgary Health Centre
Free Walk-in Counselling-----403-943-9300
- Sonshine Society of Christian Community Services
Free Counselling-----403-243-2002
- Government of Canada
Mental Health and Substance Use Support
Telephone Counselling (Adults)-1-866-585-0445
Text WELLNESS to-----741741
Telephone Counselling (Youth)--1-888-668-6810
Text WELLNESS to-----686868

Crisis

Call 911 if you or someone else is in immediate danger

- Distress Centre Calgary
24 Hour Crisis Line-----403-266-4357 (HELP)
ConnecTeen 24h Helpline--403-264-8336 (TEEN)
Text-----587-333-2724
Confidential Crisis Chat (3-10pm daily)-----
-----<https://www.distresscentre.com/>
- Calgary Women's Emergency Shelter
24/7 Violence Helpline-----403-234-7233 (SAFE)
- Awo Tann Healing Lodge Society
24/7 Crisis Line & Shelter-----403-531-1972
- Calgary Communities Against Sexual Assault
Support and Information Line-----403-237-5888
- Gov't of Alberta Ministry of Children's Services
Child Abuse Hotline-----1-800-387-5437

Group Programs

- Boys and Girls Club
Big Brothers Big Sisters-----403-777-3535
- Catholic Family Service of Calgary
Family Support-----403-233-2360
- Alberta Health Services
Geriatric Mental Health Service----403-943-1500
Addiction/Mental Health Services---403-955-6566
Indigenous Mental Health Program-403-955-6645
- Silver Linings Foundation
Adolescent and Adult Eating Disorder Support
Groups-----403-536-4025
- Organization for Bipolar Affective Disorders Society
Mood Disorders Support Group---403-263-7408
- Calgary Women's Emergency Shelter
Men's Counselling Service-----403-299-9680
- Alberta Addicts (AAWEAR)
Addiction Support Group-----403-410-1180

Shelter/Housing

- Alberta Health Services
Regional Housing-----403-955-6376
- Calgary Women's Emergency Shelter
Crisis Shelter-----403-234-7233
- Emma Maternity House Society
Maternity Housing & Support-----403-612-2351
- Trinity Place Foundation of Alberta
Senior Housing Program-----403-269-3183
- The Mustard Seed Calgary
Calgary Housing Services-----403-269-1319
- Inn From the Cold
Emergency Shelter-----403-263-8384

Dial 2-1-1 within Alberta for more information or if you cannot find the particular service you are looking for. Or text INFO to 211.

If 211 is not yet available in your area call 1-855-266-1605.