

Distress Centre403-266- 4357 (HELP)
 (24 hour- 7 days a week crisis and suicide line)

Wood’s Home Community Resource Team403-299-9699
 Toll free1-800-563-6106
 (specialty in youth & family support)

Social Services Response Team – Calgary and Area

Child and Family Services403-297-2995
 (24/7 Child intervention intake line for emergency child welfare and family enhancement services.)

Kid’s Help Phone.....1-800-668-6868
 (24/7 support line for children and adolescents. Confidential access to a counselor.)

Domestic Violence Supports

Calgary Women’s Emergency Shelter..... (403) 234-7233 (SAFE)
 Toll free.....1-866-606-7233
 (Crisis line)

Sheriff King Shelter.....403-266-0707
 (24/7 phone)

Alberta Works24-hour line: 1-866-644-5135
 (Support for Albertans Fleeing Abuse)

Calgary Communities Against Sexual Abuse (CCASA)403-237-5888
 Or toll free1-877-237-5888
 (24/7 crisis/information line: Available to anyone who is dealing with or has been affected by sexual assault or sexual abuse.)

Child and Family Services.....403-297-2995
 (24 hour intake/ reporting line)

Walk-in Counselling

Eastside Family Centre403-299-9696

Catholic Family Services.....403-233-2360

South Calgary Health Centre.....403-943-9300
 (2nd Floor Walk-in Hours: Mon-Thurs 4-7 & Fri 9-12: 31 Sunpark Plaza SE)

Urgent Care/ Emergency Services

If you require **Urgent Mental Health Care**, please go to your urgent care site or nearest hospital

Sheldon M. Chumir Health Centre..... (403) 955-6200
 (Urgent mental health service) Address: 1213 4th Street SW

South Calgary Health Centre.....403-943-9300
(This is an Urgent/Walk-in Mental Health service and Urgent Care Centre)

Emergency Departments

Alberta Children’s Hospital Emergency.....403-955-7070
(2888 Shaganappi Trail NW)

Foothills Hospital Emergency403-944-1405
(1403 29 Street NW)

South Health Campus403-956-1111
4448 Front Street SE (13 years old +)

RockyView General Hospital Emergency.....(403) 943-3000
7007 14 St SW

Counselling Services (Non-Crisis)

Access Mental Health.....403-943-1500

Adult Addiction Services403-297-3071

Calgary Counselling Centre403-691-5991

Calgary Family Services.....403-269-9888

Calgary Women’s Health Collective (women 18+)403-265-9590

CARYA403-269-9888

Catholic Family Services.....403-233-2360

Eastside Family Centre403-299-9696

Eastside/Westside Family Centre (Walk-in Clinic)403-299-9696

Families Matter (parenting groups and childhood development)403-205-5178

Family Therapy Program403-802-1680

Grief Support.....403-955-8011

Health Link Alberta811

Jewish Family Services403-287-3510

YWCA Counselling services and Groups403-536-2844

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