

**Distress Centre** ..... **403-266- 4357 (HELP)**  
 (24 hour- 7 days a week crisis and suicide line)

**Wood’s Home Community Resource Team** .....403-299-9699  
 Toll free.....1-800-563-6106  
 (specialty in youth & family support)

**Social Services Response Team – Calgary and Area**  
 Child and Family Services .....403-297-2995  
 (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 Works** .....24-hour line: 1-866-644-5135  
 (Support for Albertans Fleeing Abuse)

**Calgary Communities Against Sexual Abuse (CCASA)** .....403-237-5888  
 Or toll free .....1-877-237-5888  
 (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 Centre**.....403-299-9696

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

**South Calgary Health Centre**.....403-943-9300  
 (2<sup>nd</sup> 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 4<sup>th</sup> 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 Emergency** .....403-944-1405  
(1403 29 Street NW)

**South Health Campus** .....403-956-1111  
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 Services**.....403-297-3071

**Calgary Counselling Centre**.....1-833-827-4229

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

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

**CARYA**.....403-269-9888

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

**Eastside Family Centre**.....403-299-9696

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

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

**Family Therapy Program** .....403-802-1680

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

**Health Link Alberta** .....811

**Jewish Family Services**.....403-287-3510

**YWCA Counselling services and Groups**.....403-536-2844

**\*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\***