

Community Based Mental Health Resources

This is not a comprehensive list of the Calgary community resources for mental health supports, however, it is a good starting point.

Access Mental Health for Adolescents	403 943 1500 www.albertahealthservices.ca/services/page11443.aspx	Free, telephone information to help Albertans navigate the health system, mental health and addiction support. Provided information on short term supports and resources
AHS Addiction and Mental Health	www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14068	helplines, services and counselling supports
Calgary Counselling Centre	calgarycounselling.com	Subsidized counselling supports
Community Connect Link YYC	https://www.communityconnectyyyc.ca/	Provides affordable and barrier-free access to phone or video counselling sessions.
ConnecTeen	www.calgaryconnectteen.com 403 264 8336 (TEEN) Text: 587 333 2724	24/7 confidential
Distress Centre	www.distresscentre.com call or text: 403 266 HELP (4357) Teen Line: 403-264-TEEN (403-264-8336)	24 hour crisis support, free professional crisis counselling, peer support, community resources.
Eastside Family Centre	www.woodshomes.ca/programs/eastside-family-centre	phone, e-therapy and walk in counselling available
Hope for Wellness Helpline	www.hopeforwellness.ca 1 855 242 3310	24/7 helpline for First Nations, Inuit, Indigenous and Metis People
Kids Help Phone	kidshelpphone.ca 1 800 668 6868 Text: CONNECT to 686868	24/7 text, phone, live chat or find resources
Mental Health Help Line	1877 303 2642	24 hour Crisis line provides support for crisis intervention, information on mental health programs and referrals to agencies that can provide supports
AHS Mobile Response Team	403 266 1605	Outreach team of nurses, social workers and psychologists provide assistance in times of crisis.
The Alex Health Centre	thealex.ca	Physical, emotional and sexual health care available for vulnerable Calgarians. Mature minors are supported.

The Summit	ahs.ca/thesummit 587 534 7200	Free walk-in mental health services for children and youth – no referral needed. Therapeutic support through a day hospital and community-based treatment.
Wood's Homes: Children's Mental Health Centre	https://www.woodshomes.ca/ CALL 1-800-563-6106 or 403-299-9699 TEXT 587-315-5000 (9 a.m. - 10 p.m.) LIVE CHAT (9 a.m. - 10 p.m.)	No charge counselling or e-therapy. Referrals to psychiatry or other Wood's Programs. Treatment and support for children, youth, adults and families with mental health challenges.