

# Calgary Mental Health Resources

## Mental Health and Counselling Services

### Access Mental Health – Alberta Health Services

phone | 403-943-1500 email | [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca) website | <https://www.albertahealthservices.ca/amh/amd.aspx> Clinicians provide telephone information and help Albertans navigate the health system, specifically about addiction and mental health. Phone lines are open Monday to Friday 7:30am – 7:00pm. This is not a crisis service. Callers in crisis will be connected with a crisis service provider.

### The Summit – Alberta Health Services, Marian & Jim Sinneave Centre for Youth Resilience

phone | 587-534-7200 website | <https://www.albertahealthservices.ca/summit/summit.aspx> The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral. 1015 - 17 Street NW, Calgary

### Calgary Communities Against Sexual Abuse (CCASA)

phone | 1-866-403-8000 | Sexual Violence 403-237-5888 | General Information website | <https://calgarycasa.com/support-services/> Services youths and adults (ages 12 and up) who have experienced sexual violence. Services are free of charge. Provides services such as phone, text, chat support, Sexual Assault Response Team (SART), supports with police and court, counselling supports and sexual health education.

### CARYA

phone | 403-269-9888 Building strength in Calgary's diverse population through counselling, collaboration, community development, homecare and individual and family support.

### Calgary Urban Project Society (CUPS)

phone | 403-221-8780 email | [mentalhealth@cupscalgary.com](mailto:mentalhealth@cupscalgary.com) Provides mental health services: counselling services, psychiatric assessments, medication support and prescriptions, addiction counselling, occupational therapy assessment and hospital program

## Luna | Child Youth and Advocacy Centre

website | <https://www.lunacentre.ca/youth> Offers trauma informed services to child victims of abuse. Referrals are made through Calgary Police Services, Children's Services, Alberta Health Services, Alberta Justice and Alberta Education

## Community Connect Link YYC

website | <https://www.communityconnectyyc.ca/> Connects individuals to barrier-free counselling. Individuals can select from in-person, phone or video sessions. Access to Various types of counselling support

## Distress Centre

phone | 403-266-4357 | 24-hour crisis line Provides professional counseling, information on community, social, and health services. In-person counselling is available.

## Kids Help Phone

phone | 1-800-668-6868 text | 686868 Kids can call or text volunteer crisis workers.

## Kindred Connections Society

phone | 403-233-2360 email | [info@kindred.ca](mailto:info@kindred.ca) Programs available: Mental Health and Well Being, Empowering Parents, Healthy Children, and Success in School, Marriage Preparation, and Online Self Help.

## Mental Health Help Line

phone | 1-877-303-2642 | 24-hour Crisis Line Provides support: crisis intervention, information about mental health programs and services, and referrals to other agencies if needed.

## Wood's Homes

website | <https://www.woodshomes.ca/our-services/> phone | 1-800-536-6106 | 24-hour Crisis Line phone | 403-299-9699 | Community Resource Team text | 587-315-5000 chat | <https://www.woodshomes.ca/#chatnowModal> Live link phone | 403-299-9696 | Eastside Family Centre (Northgate Village Mall, #255, 495 36 Street NE) phone | 403-510-7468 | Inglewood Opportunity Hub No charge, walk-in counselling for families, couples and individuals. Focused counselling or e-therapy (via email). Referrals to Psychiatry and other Wood's Programs. Inglewood Opportunity Hub provides no cost counselling supports, housing supports and employment for multi-barriered youth.