

Calgary Community Resources for Mental Health Counselling and Supports:

Dial **“211”** to be linked to community supports, including mental health supports

Dial **“911”** for immediate help if you or others are in danger or at risk

Dial “403-266-1234” for non-emergency Calgary Police concerns

Distress Centre: 24 hour crisis support, free crisis counselling, peer support, community resources at:

Dial “403-264-TEEN (8336)”

OR Text “587-333-2724”

OR go to: <https://www.distresscentre.com/>

Kids Help Phone: **Dial of Text “1-800-668-6868”**

OR live chat and find resources at: <https://kidshelpphone.ca/>

Sheldon Chumir: Indigenous Mental Health Support: culturally appropriate mental health care and support

Dial “403-955-6645”

The Summit - Marian & Jim Sinneave Centre for Youth Resilience (AHS)

Calgary’s first dedicated centre for child and adolescent mental health. **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, AB, T2N 2E5

Switchboard [587-534-7200](tel:587-534-7200)

Kickstand Connect - A Virtual Clinic Tailor Made for Alberta Youth

Youth aged 12 to 25 and their parents or caregivers needing mental health and wellness support can access a new virtual clinic, [Kickstand Connect](#), for free and without a healthcare card. **Through an online portal and mobile app**, the clinic offers individual counselling appointments with trained healthcare professionals and a safe space for group sessions. Youth can access same-day and pre-booked appointments (up to a week in advance) with a mental health or substance use professional, peer support worker, or employment specialist. They can also sign up to participate in group activities and workshops. Kickstand Connect has no waiting list and does not require any form of payment.

Hospice Calgary: Children's Grief Center

<https://www.hospicecalgary.ca/childrensgriefcentre/>

Hospice Calgary: Child and Teen Grief After A Suicide

<https://www.hospicecalgary.ca/childrensgriefcentre/2021/12/03/child-teen-grief-suicide/>

Access Mental Health for Adolescents: free, short term mental health supports and resources available at:

Dial "403-943-1500 ext 1"

OR

<https://www.albertahealthservices.ca/services/page11443.aspx>

Eastside Family Centre: free sessions, normally walk in counselling available but may also offer phone or e-therapy at:

Dial "403-299-9696"

OR go to: <https://www.woodshomes.ca/programs/eastside-family-centre/>

Addiction and Mental Health support through Alberta Health Services: helplines, services, and counselling supports at:

Dial “403-297-4664

OR go to:

<https://www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14068>

Community Resource Team (CRT – Woods) – **Dial “403-299-9699”**

Calgary Community Against Sexual Assault (CCASA) – **Dial “403-237-5888”**

Calgary Counselling Centre: affordable and subsidized counselling supports at:

<https://calgarycounselling.com/>

The Alex Health Centre: physical, emotional and sexual health care available for vulnerable Calgarians. Mature minors are supported.

<https://thealex.ca/>