

External Resource Support List:

Emergency Contacts/Resources

Distress Centre	Offers immediate crisis counselling and support. Also offers free, general short term counselling sessions. Online crisis chat available 3pm-10pm weekdays and from 12pm-10pm on weekends.	403-266-4357 (24/7 Crisis Line) https://www.distresscentre.com/need-help/ (to chat online/fill out intake form for counselling).
Kids Help Phone	24/7 national support service in both English/French.	1-800-668-6868 (24/7 Crisis Line) 686868 (Text Support) https://www.kidshelpphone.ca (Live Chat Support)
Alberta Health Services Mental Health Help Line	24/7 confidential service that provides support, information, and referral services.	1-877-303-2642 (24/7)
Alberta Health Services Addiction Helpline	24/7 confidential service that provides support, information, and referral to people experiencing addiction and mental health issues including gambling.	1-866-332-2322 (24/7)
Canada Suicide Prevention Services	24/7 Canada-wide suicide prevention services. Text is available from 4pm-12am ET	1-833-456-4566 (24/7) Text 45645 (4pm-12am)
CONECTEEN	24/7 emergency crisis support for children and youth.	403-264-8336 (24/7) 587-333-2724 (Text) CalgaryConneCTeen.com (Chat open Mon-Fri 3pm-10pm. Sat-Sun 12pm-10pm)

Free/Rapid Access Counselling & Support

Children's Grief Centre 1245 70 Ave SE, Calgary AB T2H 2X8	Text & chat services available Tuesdays & Thursdays 3pm-8pm and Fridays 1pm-5pm. Children's grief centre provides programs and services revolved around processing grief. There is also end of life care/hospice programs available. All online because of COVID-19	587-355-2210 (Text and chat support line) 403-263-4525 (Mainline) To Book Grief Appt: Partnered with Community Connect YYC to book use the online tool here: https://www.communityconnectyyc.ca/grief-supports
Punjabi Community Health Services (PCHS) Calgary Suite 100N, 3015—5 Ave NE, Calgary AB T2A 6T8	Provides counselling and various support groups. This delivery model recognizes South Asian cultural norms of defining illness, acknowledging social problems and seeking resolution, and leverages these to deliver services in a culturally appropriate manner for optimal effectiveness. Transitioning to fully online/phone service delivery.	587-999-9312 (Mon, Thurs 9:30am-4:30pm. Tues, Wed, Fri 10am-5pm) https://www.pchscalgary.com/



Woods Homes Eastside Community Mental Health Services (#255 495 36 St NE Northgate Mall)	Mental Health Systems Navigation: can be Accessed via phone, text, or live chat. Mobile Family Crisis Support and Extended Services: crisis support and counselling is available via virtual sessions or phone sessions or in person. Focused on child family conflicts. Single session therapy: (by appointment). eTherapy is also available via the email attached.	403-299-9699 (Single session therapy and crisis support) etherapy@woodshomes.ca (to sign up for eTherapy) (Open Mon 1pm-7pm. Tues-Thurs 11am-7pm. Fri 12pm-5pm. Saturday 11am-4pm)
Mustard See Wellness Centre 1010 Centre St SE, Calgary AB T2G 0V8	Offers in person or phone sessions. Offers a wide variety of services including advocacy, mental health counselling, addiction counselling, medical clinic, occupational therapy, chaplaincy, relapse prevention, FASD assessment clinic, tax clinics, physiotherapy, chiropractors, massage therapy, legal advice, HEP C clinic. Contact by phone or visit during drop in hours.	587-393-4020 (Mainline) wellness@theseed.ca (Drop In: Mon-Fr 9am-12pm/1pm-4pm)
Canadian Mental Health Association	Suicide bereavement and family support counselling & Peer Support service through email and phone.	403-297-1708 (Suicide bereavement & family support Counselling Line) counsellingintake@cmha.calgary.ab.ca 403-297-1402 (Peer Support Line) peer@cmha.calgary.ab.ca
Text For Hope	Daily text messages sent to your phone with CBT based MH resources.	Text 393939 with the message COVID19HOPE to sign up Text Open2Change to 393939 to subscribe to the addiction program
Calgary Catholic Family Services 250, 707—10 Ave SW, Calgary AB T2R 0B3	Rapid Access Counselling: From the pandemic to the financial market, and even working from home, all of us are under immense stress. We are here for you in the midst of that. Our counselling sessions are delivered using online video conferencing, so you can stay home and stay well.	403-205-5294 intake@cfs-ab.org
Women's Centre of Calgary 39—4 St NE, Calgary AB T2E 3R6	Peer Support, questions about system navigation, TOY room for kiddos. Legal advice clinic. MUST identify as female	403-264-1155 (Mainline)



One-Step-At-A-Time-Counselling
(Call for address—In NW Calgary)

One-Step-at-a-Time is a free counselling service for adults, couples and families who are going through a challenge in life and need to talk. Book a one hour appointment with a counsellor to talk about whatever difficulty is most important for you to explore at this time. The counsellor will work together with you and your family doctor to help support your emotional and social well-being. If you need additional help, you can book another appointment approximately four weeks later. You may see a different counsellor.

1-855-792-3726 (To book Appointment)

Owl Pod

Provides telemedicine and mental health services over the phone/online. No cost to access. Therapy specializing in motivational interviewing, CBT, feelings based therapy. Family doctor needs to refer to access services. Download referral form and fax it.

owlpod.ca
833-695-7637 (Fax)
587-834-6704 (Mainline)
info@owlpod.ca

Sliding Scale Counselling

Calgary Counselling Centre

105 12 Ave SE Suite 1000, Calgary AB T2G 1A1

Currently only offering online or via phone counselling services because of COVID. Fees for services are on a sliding scale. (pay what you can based on income) . There is no wait list. Just fill out the online intake form and someone will contact you within 2 business days by either phone or online.

www.calgarycounselling.com
833-827-4229 (Mon-Fri 9am-4pm)

YWCA

1715—17th Ave SE, Calgary AB T2G 5J1

Individual, group, and Family Counselling all on a sliding scale of pay. Provides women centered services. Online because of COVID.

403-266-0707 (24/7 Crisis Line)
403-536-2844 (For group and individual counselling)

CARYA

180, 839 5 Ave SW, Calgary AB T2P 3C8

8 sessions, goal focused. Individual or family counselling sliding scale pay. Phone/online because of COVID.

403-269-9888 (Mainline)
Intake At:
<https://www.preenrollment.info/form/carya>

Serenity Now Wellness Centre

1934 9 Ave SE, Calgary AB T2G 0V2

Sliding scale priced counselling.

403-454-7600 (Mainline)
info@serenitynowwellness.ca
serenitynowwellness.ca