



MENTAL HEALTH RESOURCES

FREE SERVICES

Counselling

- Access Mental Health
 - Call: 403 943 1500, Toll-Free 1 844 943 1500
- Eastside Family Centre : www.woodshomes.ca
 - Call: 403 299 9699, Toll-Free 1 800 563 6106
- South Calgary Health Centre (Single Appointment, Walk-ins not running)
 - 403 943 9383
- Calgary Family Therapy Centre (kids/teens only) : www.familytherapy.org
 - Call: 403 802 1680
- Calgary Communities against Sexual Abuse (ages 12 and up) : www.calgarycasa.com
 - Call: 403 237 6905
- Calgary & Area Child Advocacy Centre (services for minors that are victims of abuse)
 - Call: 403 428 5375

Parenting Support

- Triple P Parenting Programs (online and in-person)
 - www.triplep-parenting.ca
- Family Resource Networks – locations across Calgary
 - Provider Search: www.alberta.ca/lookup/frn-search.aspx
 - Aspen Commons (SW): www.apenfamily.org
 - Closer to home Community Services (NW): www.closetohome.com
 - Families Matter (NE/SE): www.familiesmatter.ca
 - YW Calgary: www.ywcalgary.ca
 - McMan Calgary: www.mcmancalgary.ca

SLIDING SCALE COUNSELLING SERVICES

- Calgary Counselling Centre : www.calgarycounselling.com
 - Call: 403 265 4980
- CARYA (child/teen/family only) : www.caryacalgary.ca
 - Call: 403 269 9888
- Catholic Family Services : www.cfs-ab.org
 - Call: 403 233 2360, toll free 1 877 244 2360
- YWCA Calgary (Individual/Group Family Counselling) : www.ywcalgary.ca
 - Call: 403 536 2844
- Hospice Calgary (grief counselling only) : www.hospicecalgary.ca
 - Call: 403 263 4525



PRIVATE COUNSELLING SERVICES (FULL PRICE)

- www.psychologytoday.com/ca
 - Find a therapist in Calgary, ensure to choose Child/Adolescent

CRISIS RESOURCES

***If there is a medical emergency please call 9-1-1 or go to your nearest Emergency Department**

- Distress Centre Calgary 24 Hour Crisis Line : www.distresscentre.com
 - Call: [403 266 HELP \(4357\)](tel:4032664357)
- Calgary Connecteen : www.calgaryconnecteen.com
 - Call : 403 264 8336
 - Text : 587 333 2724
- Community Resource Team
 - Call: 403 299 9699
- Kids Help Phone : www.kidshelpphone.ca
 - Call: 800 668 6868
 - Text: 686868
- Access Mental Health
 - Call: 403 943 1500, Toll-Free 1-844-943-1500
- Urgent Emergency Department Psychiatric assessments at:
 - Alberta Children's Hospital
 - Foothills Hospital
 - South Health Campus
 - South Calgary Urgent Care
 - Sheldon Chumir