

Mental health community resources

JUNE 2026

Help in a crisis (<i>no fee</i>)	
911 for immediate help Emergency services	
AHS Mental Health Help Line 24/7 crisis line - Information about mental health programs and services	811 1.877.303.2642 1.866.408.5465 (<i>Health Link Canada-wide toll free</i>)
Canada Suicide Prevention Hotline 24/7 suicide prevention service	988 (<i>call or text</i>)
Community Resource Team – Wood’s Homes 24/7 crisis phone counselling for all ages - Phone support (8 a.m. -11 p.m.) - Text support (9 a.m. - 10 p.m.) - Live chat at woodshomes.ca (9 a.m. - 10 p.m.)	403.299.9699 587.315.5000 (<i>text support</i>)
ConnecTeen. 24/7 crisis line - Confidential support for teens - Live chat at calgaryconnecteen.com/online-chat/	403.264.8336 587.333.2724 (<i>text support</i>)
Distress Centre Calgary 24/7 support and crisis line - Online chat at distresscentre.com	403.266.HELP (4357) (<i>call or text</i>)
First Nations and Inuit Hope for Wellness 24/7 crisis line 24/7 online chat hopeforwellness.ca	1.855.242.3310 (<i>toll free</i>)
Kids Help Phone 24/7 phone and web counselling for kids, teens and young adults (up to age 29) - Live chat at kidshelpphone.ca (5 p.m. - 10 p.m.)	1.800.668.6868 686868 (<i>text support</i>)

Walk-in crisis or counselling services	
Emergency room or Urgent Care Centre - Go to your nearest hospital emergency department (24/7) - Mental health assessment - Go to your nearest urgent care centre: Sheldon Chumir: 1213 4 St. S.W. (24/7) South Calgary Health Centre: 31 Sunpark Plaza S.E. (12 p.m. - 7 p.m.)	
Distress Centre Calgary for counselling - Limited face-to-face counselling - Ask for an intake to counselling by calling - Complete the online form via preenrollment.info/form/distresscentrecalgary	403.266.HELP (4357)
South Calgary Health Centre - Single-session counselling 31 Sunpark Plaza S.E. (main floor) - Call Monday to Friday between 8 a.m. - 4 p.m. to book the next available appointment - Covered by Alberta Healthcare, must present Alberta Healthcare card - By appointment only (12 p.m. - 8:15 p.m.)	403.943.9374
The Summit - Marian & Jim Sinneave Centre for Youth Resilience - Walk-in mental health services for anyone under 18 available 9 a.m. - 9 p.m., Monday to Friday and 9 a.m. - 5 p.m. on weekends - Covered by Alberta Healthcare, must present Alberta Healthcare card - Therapeutic support through a day hospital and community based treatment	587.534.7200
Wood's Homes (Eastside Family Centre) - Walk-in services for single-session counselling - Northgate Village Mall 255 - 495 36 St. N.E. 2116 27 Ave NE, Office 100 - Tuesdays (11 a.m. - 7 p.m.) - Thursdays (11 a.m. - 7 p.m.) - Saturdays (11 a.m. - 5 p.m.)	403.299.9699 (<i>call</i>) 587.315.500 (<i>text</i>)

Addictions help and support (<i>no fee</i>)	
AHS Addictions Help Line • 24/7 help line • Information and referral to addiction counselling	811 1.866.332.2322 <i>(Toll free within Alberta)</i>
AHS Substance Abuse in Later Life Program (Substance Use in Later Life) • A program to help people over the age of 60 who have substance abuse or misuse issues • Offers education, individual and group therapy, and individual, peer, and family support	403.943.1500 <i>(Access Mental Health Intake)</i>
Calgary and Area Addictions Services (Adult Addiction Services) • Walk-in and telephone appointments • 707 10 Ave SW, floor 3 • Mondays – Fridays (8 a.m. - 4:30 p.m.)	403.367.5010
Smart Recovery • Addiction support meetings • https://meetings.smartrecovery-canada.ca/meetings/	403.951.5357
The Alex - Rapid Access Addiction Services • Access to medication, counselling, and groups for all ages • 102-2840 2 Ave SE • Walk-ins (9 a.m. - 11 a.m.) • Over the phone intakes (1 p.m. - 3 p.m.) • Walk-in intake or book phone intakes through: https://www.communityconnectyyc.ca/ <i>(Select Specialty Services)</i>	403.277.9869

Mental health information and program guides (<i>no fee</i>)	
811 Health Link • 24/7 health advice	811
Access Mental Health • Provides information, consultation, and referral for addictions and/or mental health concerns • Monday to Friday (8 a.m. - 5 p.m.)	403.943.1500 1-844-943-1500 <i>(toll free)</i>

Calgary 211 - Information about mental health programs and resources, resources for financial support, food, shelter, or transportation, and addiction support - Services offered in over 200 languages	211 (<i>call or text</i>)
Calgary Public Library – Wellness Desk - Free mental health and recovery support, health information and referrals to services - Central Library - Crowfoot Library	403.299.9699 (<i>call</i>) 587.315.5000 (<i>text</i>)
CARYA Programs - Free, sliding scale and fee-based programs - Counselling, mental health and family support program caryacalgary.ca/get-support/	403.205.5244

Mental health information and program guides (<i>no fee</i>)	
Elements Mental Health Centre - Provides mental health support and services, recreation services, and education and skill development programs - Must be over 18 and have a diagnosed mental illness as primary presenting condition elementscmhc.ca	403.266.8711
Family and Community Resource Centre - Community education sessions, connections with other families, and other community resources fcrc.albertahealthservices.ca	403.955.3272
Inform Alberta - Province-wide service directory for community, health, social, and government services informalberta.ca	
Mental Health Copilots - Connecting individuals with mental health services Home Mental Health Copilots	info@mentalhealthcopilots.org
Unison for Generations 50+ (Formerly known as The Kerby Centre) - Wellness classes and other resources for adults ages 50+ https://unisonalberta.com/	403.265.0661

Outlink - Peer support, peer groups, and connections to the LGBTQ+ community, access to resources, and educational opportunities for all genders and sexually diverse people calgaryoutlink.ca	403.234.8973
Seniors Community Services Information www.calgary.ca/social-services/seniors.html	agefriendlycalgary@calgary.ca

Counselling services	
AHS Grief Support Program Grief support and counselling for adults	403.955.8011
Calgary Counselling Centre 1000 - 105 12 Ave. S.E. - Register online 24 hours a day at onlineintake.calgarycounselling.com	833.827.4229 (<i>in Calgary</i>) 833.827.4230 (<i>all other Albertans</i>)

Counselling services	
Calgary Family Therapy Centre (<i>children and youth only</i>) - Family therapy services for children who are experiencing emotional and behavioral issues - Fees covered by AHS www.familytherapy.org	403.802.1680
Canadian Centre for Men and Families (CCMF) - Sliding scale fee Counselling Program For Men CCMF Alberta	587.885.2839 hello-ccmf@ccmfalberta.ca
Canadian Mental Health Association (CMHA) - Sliding scale fee - Free workshops (recoverycollegecalgary.ca) - Group programs www.cmha.ca	403.297.1700 403.297.1402 (<i>for peer support</i>)
CARYA - Individual, family, and group counselling www.caryacalgary.ca	403.269.9888 (<i>general inquiries</i>) 403.205.5244 (<i>counselling services or programs</i>)

Kindred • 250 - 707 10 Ave. S.W. • Some resources are offered at no cost, some on a sliding-scale basis, and others with a model that allow you to choose your own session fee • Counselling for individuals, couples, and families, and group sessions for all ages, faiths and backgrounds • www.kindred.ca	403.233.2360
Community Connect YYC • Affordable and barrier-free access to in-person, phone or video counselling sessions • Counselling services include rapid access, addiction support, general counselling, child and youth, and counselling for immigrants • www.communityconnectyyc.ca	
Cultivate • Pay what you can counselling services without proof of income. Session fees start at \$10 with a small number of free spaces available. • Online and in-person counselling services • www.growthelife.com	403.612.1903
Early Childhood and Perinatal Mental Health • Therapeutic services for children ages 1-5 and to prenatal and postpartum patients experiencing Anxiety and Depression • Referrals completed by Access Mental Health client self-referral, or professional referral accepted	403.943.1500 <i>(Access Mental Health)</i>
Counselling services	
Eunoia • Virtual clinic that provides assessment and management of common mental health challenges in women and mothers • All appointments are covered for those with valid Alberta healthcare • www.eunoiamedical.ca/contact	587.205.5900
Free Counselling Society Canada • Volunteer and Student Counsellors offer free virtual counselling Canada-wide • www.freecounsellingcanada.ca	647.490.2992 778.200.7823

Hospice Calgary - Grief counselling only www.hospicecalgary.ca	403.263.4525
Jewish Family Service - Short-term therapy, community support, basic needs and Jewish advocacy, resettlement, older adult services, claims conference, domestic violence services, and educational services - Sliding scale fee www.jfsc.org	403.287.3510
Kickstand - Free virtual clinic and resources available for young Albertans aged 11-25 Kickstand Free Support for Young People in Alberta	Hello@mykickstand.ca
Owl Pod - Mental health and obesity telemedicine clinic - Group therapy programs and individual counselling available - No cost to Albertans - Online/virtual appointments available 7 days a week - Family medicine physicians and psychiatrists specializing in obesity management and psychotherapy www.owlpod.ca	587.317.9978
Psychologist's Association Alberta - Search for private counselling services www.psychologistsassociation.ab.ca	
Psychology Today - Insured/Private Psychologists and Mental Health Professionals - If using insurance, please ensure therapist credentials meet the requirements of your insurance provider www.psychologytoday.com/ca/therapists/ab/calgary	
The Alex Youth Health Centre - No fee - Counselling services for ages 12-24 - Available Monday to Friday (10:30 a.m. - 5:15 p.m.) www.thealex.ca	403.520.6270

TIES Healthy Minds • Free online counselling • First languages and interpretation services available • www.tieshealthyminds.ca/counselling	
Vecova • Free one-on-one counselling focused on managing and processing trauma-responses • Counselling services for Youth, Adults, Seniors who are experiencing trauma • Individual Counselling for Trauma-related concerns	403.284.1121 info@vecova.ca

Domestic violence, child abuse, and sexual assault support (<i>no fee</i>)	
AHS Sexual Assault Health Care Provider Consult Line • Contact through AHS's RAAPID referral service • 24/7 • Specially trained and experienced registered nurses	1.800.661.1700 403.944.4486 <i>(For patients in and south of Red Deer)</i> 1.800.282.9911 or 780.735.0811 <i>(For patients north of Red Deer)</i>
Calgary Communities Against Sexual Abuse (CCASA) • Crisis support and counselling (up to 14 sessions for anyone who experienced any form of sexual violence and up to six sessions for support persons) • Available to anyone ages 12 and up • Monday to Friday 9 a.m. - 9 p.m. for appointments • 24/7 support line • www.calgarycasa.com	403.237.5888
Connect – Family and Sexual Abuse Network • 24/7 supporting young adults (18-24) and adults (25-64) • Help with sexual abuse, sexual assault, domestic violence, and relationship issues	403.237.5888 or 1.877.237.5888 <i>(Sexual abuse and sexual assault)</i> 403.234.7233 or 1.866.606.7233 <i>(Domestic and relationship abuse)</i>
Family Violence Line • Anonymous help in over 170 languages	310.1818
LUNA – Child and Youth Advocacy Centre • Centre for child abuse intervention and prevention • www.lunacentre.ca	403.428.5300

Men's Counselling Services - Individual or group counselling for men who are concerned their anger or behavior is negatively impacting their family www.fearisnotlove.ca/mens-counselling-service	403.234.7233
Online and self-help support	
Canadian Mental Health Association Peer Support Program - Email or over the phone 120 hours of training - Monday to Friday 11 a.m. - 4 p.m. www.cmha.calgary.ab.ca/individual-family-support/talk-to-a-peer/	403.297.1700
Centre for Clinical Interventions - Online Cognitive Behavioral Therapy workbooks and information sheets www.cci.health.wa.gov.au/Resources/Looking-After-Yourself	
HelpGuide.Org - Online information and resources www.helpguide.org/mental-health	
Here to Help BC - Online screening and self-help resources www.heretohelp.bc.ca/resource-library	
NHS Inform - Information, resources and self-help guides for various mental health challenges Mental health NHS inform	
Palouse Mindfulness - Mindfulness based stress reduction 8-week online course www.palousemindfulness.com	
SAMHSA Wellness Worksheets https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf	

For additional resources, including financial services, housing support, legal support, food banks and more, please visit: <https://www.mymentalhealth.ca/regions/calgary/>.