

Alberta/ Calgary Crisis Supports

RESOURCE	CONTACT INFORMATION
The Distress Centre	403-266-Help (4357) – open 24 / 7 www.distresscentre.com – online chat available via website
Suicide Prevention Centre	833-456-4566 – open 24 / 7
Teen Crisis Line	800-852-8336 or text TEEN to 839863
Alberta's One Line for Sexual Violence	Call or text at 1-866-403-8000 from 9 am to 9 pm
Sexual Assault Services – Calgary Communities Against Sexual Abuse	Toll free: 1-877-237-5888 Phone: (403) 237-6905 E: info@calgarycasa.com web: http://www.calgarycasa.com
Calgary Sexual Assault Response Team	Medical Services at Shedon M. Chumir Health Centre 1213-4 Street SW, phone: 403-955-603-
Connect Family & Sexual Abuse Network	www.connectnetwork.ca 24 hour crisis line: 403-237-5888 Toll-free: 1-877-237-5888
Child Abuse Hotline	1-800-387-5437. Trained staff. Available 24/7. 170 language support.
Alberta Children's Hospital: Child Abuse Service	403-955-5959 - Treatment for children 0-12 who have been abused or at risk for abuse.
Awo Taan Crisis Line	www.awotaan.org – 403-531-1972 or 531-1976 Provides community services guided by Native traditional teachings to anyone affected by family violence and abuse.
Police – Emergency	911
Police – Non-emergency	403-266-1234
Mental Health Crisis	24/7 referrals to Albertans experiencing mental health concerns Toll free: 1-877-303-2642
Hospital Emergency Services	911
Mobile Response Team	Mental health crisis triage – Sheldon M. Chumir Health Centre Distress Centre: 403-266-4357
Youth Shelters	Homelessness Shelter & comprehensive support system for age 12 to 17 in Calgary. Open 24/7. Location: 938 15 Ave SW. Phone: 403-543-9651
Access Mental Health by AHS	Information, consultation, referral – non-urgent for the Calgary area. Phone: 403-943-1500 Tollfree: 1-844-943-1500 Website: https://www.albertahealthservices.ca
Children or Youth Psychiatric Services	Alberta Children's Hospital – Accessed through emergency departments in consultation with psychiatry /mental health staff.
Calgary Region Children's Services	Phone: 403-297-6100
Parenting Training	CUPS Parenting Programs. Phone: 403-221-8780. Alberta Health Services – Parenting Programs: https://cfpcn.ca/wp-content/uploads/2018/12/2018-Parenting-Programs-Information-v3.pdf
Family Support Services	Alberta Government – Financial assistance and services for seniors, children, people with disabilities, and individuals and families in crisis. https://www.alberta.ca/family-social-caregiver-supports.aspx Catholic Family Services: Phone: 403-205-5294. Provides family, and individual counseling through various programs. Not faith based. Carya: Various programming for children, youth, adult and families including family and individual counselling. https://caryacalgary.ca/our-programs/ Intake: 403-205-5244. Open Monday to Friday 8:00 am to 5:00 pm.
Peer Support	Peer Support program services can be accessed over the phone at 403-297-1402 or through email at peer@cmha.calgary.ab.ca . There

	is always a peer available to connect individually from 9:00 am – 4:00 pm Monday to Friday, and Tuesday and Wednesday from 4:00 pm – 7:00 pm (excluding holidays).
Substance Abuse Support	<p>Provides a non-medical treatment facility for those experiencing problems related to their use of alcohol, drugs, gambling, or sex addiction. Services for those who are concerned about someone else's use are also offered.</p> <p>Addiction treatment services may include:</p> <ul style="list-style-type: none"> short-term, outpatient counselling educational, skill, and support group programs a four-week, intensive day treatment program for those committed to abstinence next business day access to programs following intake <p>All programs and services are voluntary, confidential, and free of charge. Phone: 403-367-5000. Address: 707 – 10 Ave SW</p>
Alcoholics Anonymous	24/7 support line answered by AA member at 403-777-1212
Narcotics Anonymous	Phone: 403-991-3427, http://chinookna.org/
Gambling Anonymous	Calgary: 1-855-222-5542, https://www.albertaga.net/
Religious or Spiritual Support	<p>All Alberta Government Hospitals have trained spiritual health care advisors (chaplains) available to assist. Please speak to staff on sight at each hospital to be connected with this type of support.</p> <p>For specific religious support please contact your nearest religious facility that is appropriate. Please note various Indigenous supports including the Awo Taan Crisis Line and others listed within the rest of the document.</p>
Legal Assistance/Victims Services	Legal Aid Alberta – 1-866-845-3425 or https://www.legalaid.ab.ca/contact/
Counselling Agencies	<p>Calgary Counselling Centre (403) 651-5991 (Call Centre) www.calgarycounselling.com 200, 940 6th Ave SW • Counselling for individuals, child/youth, families, and couples • No waitlist- timely appointments available • Fees based on sliding scale • Hours: Mon-Thurs 8am-7:30pm, Fri 8am-5pm, Sat 9am-4pm • Register online or call for intake information • Group support- accessed through individual counselling o Children of divorce o Eating disorders o Relationships o Domestic abuse o Depression o Building self-esteem</p> <p>Eastside Family Counselling Centre (403) 299-9696 www.ciwa-online.com 255, 495 36th St NE • Free one time 50 minute walk-in counselling sessions • Hours: Mon-Thurs 11am-7pm, Fri 11am-6pm, Sat 11am-4pm • Follow-up focused counselling for youth and their families- access through walk-in service • E-therapy: Single session support via email o Fill out intake form on website o Email completed form to EFC.eCounselling@woodshome.s.ca</p> <p>Calgary Immigrant Women's Association (403) 263-4414 www.ciwa-online.com 200, 138 4th Ave SE • Free counselling for immigrant women • Call for appointment • In-home support available • First language support available • Individual, family, and group including family conflict support • Resource and referral services</p> <p>Carya Family Services (403) 205-5244 (Intake Coordinator) www.caryacalgary.ca/our-programs/counselling 200, 1000 8th Ave SW • Counselling for child/youth, families, couples and groups • Fees based on sliding scale • Accessible at 10 community locations • Some first language support available • Call Intake Coordinator to start process</p>

	<p>Jewish Family Service (403) 287-3510 www.jfsc.org/programs--services/counselling.html 420, 5920 1A St SW • Counselling for individuals, child/youth, families, couples and groups • All faiths and cultures welcome • Fees based on sliding scale • Call or email counselling@jfsc.org • Hours: Mon, Tues, Thurs 8:30am-5pm, Wed 8:30am-8pm, Fri 8:30am-2pm</p> <p>Sunrise Native Addictions Services (403) 261-7921 www.nass.ca 1231 34th Ave NE • Free family counselling program for families in recovery from alcohol or drug addictions o Call Family Counsellor ext 120 • Addition recovery: o Inpatient service- 42 days, \$40/day o Outpatient service- 20 days, Free o Application form online and fax to office • Programs available to everyone over 18 • Must be alcohol and drug free for 3 days</p> <p>Catholic Family Service (403) 233-2360 www.cfs-ab.org/counselling-services 250, 707 10th Ave SW • Counselling for individuals, child/youth, families, couples and groups • All faiths and cultures welcome • Fees based on sliding scale • Services offered at various community locations • Call or email intake@cfs-ab.org. • First language and cultural support available</p> <p>Insight Counselling & Therapy Centre (403) 210-0334 www.insightcentre.org 4620 Manilla Rd SE • Counselling for individuals, child/youth, families, couples and groups • Fees based on sliding scale • Call or email info@insightcentre.org</p>
24-hour family violence line	Provided by the province at 310-1818 – help in 170 languages
Domestic Violence – Alberta Works	24 hour help line Toll-free: 1-866-644-5135 select option 4 for fleeing domestic violence
Calgary Women's Emergency Shelter	www.calgaywomensshelter.com , Toll free: 1-866-606-7233 Phone: 403-234-SAFE (7233)
Women fleeing domestic violence	www.sheltersafe.ca to locate the nearest shelter that can provide help.
YWCA Sheriff King Crisis Line – Domestic Violence	For women and children 24 hour crisis line: 403-266-0707, ywcalgary.ca
Wood's Homes Children, youth, family crisis support	24 hour crisis line: 403-299-9699 Text: 587-315-5000 (available 9 am – 10 pm) Email crt@woodshomes.ca
Kid's Help phone	24 hour crisis line 1-800-688-6868 available for 5 to 20 year olds
ConneTeen	24 hour crisis – 1-403-264-8336 (TEEN) Peer support 3:00 to 10 pm daily online or over the phone