

Calgary Community and Urgent Services – December 2025

Co-created by AccessHR www.accesshrinc.com
and Heather Good MSW, RSW www.heathergood.ca



Emergency 911

Suicide Crisis Hotline 988 (phone or text)

- Community Services Line 211
- Health Link 811
- Your Family Physician for support and referral
- Your Employee Assistance Plan/Provider (EAP)

Alberta Health Services (AHS) and Community Services

Access Mental Health	Single point access for mental health services in Calgary	Phone: 403-943-1500
Addictions (Adults)	Telephone and in-person counselling (Drop in at 12:30pm weekdays)	Phone: 403-367-5000
Addictions Helpline	24-hour addiction support	Phone: 1-866-332-2322
Grief Support Program	Grief support services	Phone: 403-955-8011
Mobile Response Team	Access through the Distress Centre (phone and request Mental Health Crisis Triage)	Phone: 403-266-4357
Counselling		
Urgent Mental Health Services	South Calgary Health Centre (SCHC) (12pm to 7pm) or Sheldon Chumir Health Centre (24 hour) or any Hospital Emergency Room (24/7)	
Counselling @ South Calgary Health Centre	Call from 8am to 4pm to book appointment Sessions available daily from 12pm to 8:15pm *Call to book ahead	Phone: 403-943-9374
Community Connect YYC	Online or in-person for adults, children, and families - Rapid Access Single Session Counselling. Monday 9am-5pm, Tuesday & Wednesday 9am-8pm, Thursday 9am-5pm	1-877-244-2360 (toll-free) www.communityconnectyycc.ca
Eastside Community Mental Health Centre (Wood's Homes)	Woods Homes, Youth, Family, and In-home Support. Pre-book phone, video, and in-person appointments. Crisis team available 8am to 11pm, 7 days a week.	Phone: 403-299-9699 (8am to 11pm) Text: 587-315-5000 (9am to 10pm) http://www.woodshomes.ca/eastside-community-mental-health-services/
Woods Homes Walk-In (At local libraries)	Crowfoot Library (Monday 2pm to 8pm) and Central Library – Wellness Desk, Room 3-19A (M-Th 12pm to 8pm, Fr 12pm to 6pm, Sat/Sun 12pm to 5pm)	Ask library staff for directions to the counsellor's location
Kindred Connections Society	No walk-ins. Pre-booked counselling appointments – availability for in-person, online or by phone.	Phone: 403-233-2360 Email: intake@kindred.ca Online: www.communityconnectyycc.ca
One Step at a Time – Calgary Foothills PCN (Crowfoot)	Available for patients 12 years and older (minors must have parent present). Must have an Alberta Health Care Card and a family doctor.	Phone: 587-774-9736
Youth Walk-in and Family Support - The Summit (AHS)	Available for youth 7 - 17 years and/or their families or guardians. (Mon - Fri 9am to 9pm, Sat/Sun 9am to 5pm)	Phone: 587-534-7200

Distress Centre/Mental Health Help Line

24 Hour Teen Crisis Line	Phone: 403-264-TEEN (8336) *Language line available, Text: 587-333-2724, Live Chat: website	www.CalgaryConnecTeen.com
24-Hour Crisis Line	Phone: 403-266-HELP (4357) Text: 403-543-1967 (Hearing impaired)	www.distresscentre.com
Online Chat	Visit website to chat	www.distresscentre.com
24-Hr Mental Health Helpline	1-877-303-2642	
Recovery Alberta	24/7 Addiction helpline: 1-866-332-2322	www.recoveryalberta.ca

Domestic Violence Services

Fear Is Not Love (formerly Calgary Women's Emergency Shelter)	Support for Calgary and area individuals, families, and communities to live free from domestic violence and abuse 24-hr family violence helpline, counselling, escape and safety planning, emergency shelter intake, parenting support	Phone: 403-234-7233 (SAFE) Toll-free: 1-866-606-7233 (SAFE) email: help@fearisnotlove.ca https://fearisnotlove.ca/
Men's Resource Line	Men's wellness resource line by Fear Is Not Love	1-833-327-MENS (6367)
Sheriff King YWCA of Calgary Crisis Line and Shelter	24 hour Crisis, Shelter and YW Family Home support and services.	24/7 Crisis Line: 403-266-0707 https://www.ywcalgary.ca/sheriffking

General

Living with Advanced Illness/Children's Grief Centre	Support for advanced illness and grief (all ages)	Phone: 403-263-4525 Email: infor@hospicecalgary.ca www.hospicecalgary.ca
Bullying Helpline	Support, information or referrals	Phone: 403-310-1818 Online Chat: www.alberta.ca/bullying-get-help
Calgary Communities Against Sexual Abuse	Primary sexual harassment, sexual abuse and sexual assault crisis, counselling and education service provider for Calgary and the surrounding areas (9am to 9pm daily)	Phone: 403-237-5888 http://www.calgarycasa.com/ Alberta One Line for Sexual Violence: 1-866-403-8000 Online Chat: https://aasas.ca/get-support/

Calgary Counselling Centre	Professional counselling services	Phone: 1-833-827-4229 https://calgarycounselling.com/
Calgary Family Therapy Centre	Family therapy and counselling services	Phone: 403-802-1680 https://www.familytherapy.org/
CDN Mental Health Assoc.	(CMHA) Monday-Friday, 11am-4pm	Phone: 403-297-1402 https://cmha.calgary.ab.ca/talk-to-a-peer/
CARYA	Individual and Family Support and Services (Family and Older Adult Counselling/Adoption Counselling/Kinship Counselling)	Phone: 403-205-5244 Email: Intake@CaryaCalgary.ca https://caryacalgary.ca/
Centre for Newcomers (Calgary)	Therapy and support services for newcomers – Translation and interpretation services available in over 80 languages	Phone: 403-966-6509 Email: info@centrefornewcomers.ca https://www.centrefornewcomers.ca/support
Centre for Sexuality	Short-term counselling related to relationships, sexuality, gender and sexual diversity and sexual health	Phone: 403-283-5580 Email: info@centreforsexuality.ca www.centreforsexuality.ca
Child Abuse Hotline	Call if you suspect a child is being abused.	1-800-387-5437 (Press 1) (KIDS)
CIWA (Calgary Immigrant Women's Association)	Support for immigrant women and newcomer services	Phone: 403-263-4414 https://ciwa-online.com
HELP TEAM (formerly DOAP TEAM) – Alpha House	Call the HELP TEAM when a non-emergent concern regarding an intoxicated or unhoused individual arises (including needing a ride to a safe place to sleep)	Phone: 403 234-7388 https://alphahousecalgary.com/contact/
Residential School Survivor Support Line	24/7 Support - Nationwide	Phone: 1-866-925-4419
Foodbanks Alberta	Find local foodbanks across Alberta	www.foodbanksalberta.ca
Hope for Wellness	Crisis line for all Indigenous people across Canada	Phone: 1-855-242-3310 http://www.hopeforwellness.ca/
Income Support Contact Centre	Financial help for basic needs (e.g., food, clothing, shelter)	Phone: 1-866-644-5135 (Press 4 for Emergency Benefits)
Kickstand Connect	No cost mental health support for young people ages 12-25. Confidential virtual clinic. Walk-in mental health and/or substance use counselling	https://mykickstand.ca/contact-us/
Kids Help Phone	24 Hours (APP: Always There)	Phone: 1-800-668-6868 Text: 686868 www.kidshelpphone.ca
Outlink	Support, education, outreach, and referrals for the 2SLGBTQIA+	Phone: 403-234-8973 https://www.calgaryoutlink.ca/
Poison Control Service	24-hour poison control services	Phone: 1-800-332-1414
Senior Connect/The Way In	Access support for seniors via Distress Centre	Phone: 403-266-4357 https://distresscentre.com/
Suicide Prevention Training	Abridge Consulting - Suicide prevention training and workshops	www.abridgeconsulting.ca
Trellis Society	Sliding scale, fee per service, in-person, video or phone Counselling, Shelter, Youth and 2SLGBTQIA++ support	Email: therapyreferrals@growwithtrellis.ca www.growwithtrellis.ca
Unison (formerly Kerby Center)	Services for seniors (ages 65+)	Phone: 403-265-0661 Email: HelloYYC@UnisonAlberta.com https://unisonalberta.com/
YW Calgary	Housing, Domestic Violence, Family Access/resources, Counselling, Child-Care	Phone: 403-266-0707 24 - Hour Crisis Line Phone: 403-263-1550 - YW Main Line www.ywcalgary.ca/

Resources for Indigenous Peoples and Educational Resources for Others

Aboriginal Friendship Center	Programs include Community Connection, Housing Services Client Services, Outreach/Cultural Reconnection, Women's Group	Phone: 403-270-7379 https://www.afccalgary.org/
Alberta Native Friendship Centres Association	Friendship centres offering culturally appropriate programs and services for connection and empowerment	https://anfca.com/
Kids Help Phone – Texting service for Indigenous Youth and Adults	Connect with an Indigenous volunteer crisis responder by text or online message	Message “FIRSTNATIONS”, “INUIT” or “METIS” to 686868 for young people and 741741 for adults
Indian Residential School Survivors Society (IRSSS)	Provides support for survivors, families, and communities through counselling, programming, and community outreach.	https://www.irsss.ca Lamathut 24/7 Crisis Line: 1-800-721-0066
Indigenous Health	Accessible, culturally appropriate health services for First Nations, Métis and Inuit people in Alberta.	https://www.albertahealthservices.ca/info/Page11949.aspx
Indigenous Liaison Hospital Services	Works with Indigenous patients and families at the Alberta Children's Hospital	http://fcr.albertahealthservices.ca/indigenous-health/ihl/
Indigenous Mental Health Program	Provides culturally appropriate mental health services for Indigenous clients, collaborating with diverse healthcare personnel	https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1017002
Miskanawah Healing Lodge	Family programs, youth programs, community programs	Miskanawah Phone: 403-247-5003 (East Ext. 1, West Ext. 2) https://miskanawah.ca/
National Centre for Truth and Reconciliation	Provides educational materials related to Indigenous history and truth reconciliation	https://nctr.ca/education/

Private Pay Per Service Options: Psychology Today, Alberta College of Social Work, Association of Alberta Psychologists

Updated December 2025

Please contact AccessHR for a Word version of this document that you can customize with your logo. info@accesshrinc.com