

COUNSELLING RESOURCES

CRISIS HELPLINE AND CRISIS RESOURCES

- **Distress Centre – (403-266-4357/403-266-HELP)** – Offers 24/7 confidential crisis support over the phone. Online help also available from 5pm-10pm daily at www.distresscentre.com.
- **Alberta Mental Health Line – (1-866-303-2642)** - Offers 24/7 confidential & anonymous services: crisis intervention; information about mental health programs and services; referrals to other agencies if needed.
- **Canada Suicide Prevention Service – (1-833-456-4566)** – Offers 24/7 confidential, non-judgemental support to anyone feeling suicidal, thinking about suicide, is worried about someone else or who has lost someone to suicide.
- **Access Mental Health – (403-943-1500)** – Serves as a gateway to several AHS mental health and addictions program. Mental Health Clinicians will complete an assessment over the phone to assist clients navigate the mental health system and make referrals as appropriate. Open Monday-Friday (8am-5pm).
- **211** – Assistance with accessing resources for: food, shelter, clothing, etc.

CRISIS COUNSELLING

Short term or single session counselling offered on a first come, first served basis. As this is walk-in counselling, you can return as many times as you like, however you are not guaranteed to have the same counsellor each time.

- **Eastside Community Mental Health Services – (403-299-9699)** **Northgate Mall: Suite 255, 495 36th St NE**
Offers a no-fee, walk-in, over the phone, email, or video counselling session with a qualified mental health professional. Service is available by appointment for individuals, couples and families. Hours of operation varies. The centre is closed on Sundays and all statutory holidays. Other services offered include: Crisis support, Family Crisis Visits, Community Counselling Team and Crisis phone support (for anyone) 7 days/week 8:00 am – 11:00 pm
- **AHS Mental Health Walk-In – (403-943-9374)** **South Calgary Health Centre: 2nd Floor, 31 Sunpark Plaza SE**
Walk-in therapy on a single session basis is offered to clients of all ages (also available via phone). Hours of operation are Monday-Thursday (4pm-7pm) and Friday (10am-12pm). The program is closed on weekends and statutory holidays. This service is covered under Alberta Health Care.
- **Distress Centre – (403-266-4357)** **Suite 300, 1010 8th Avenue SW**
Offers free counselling (up to 6 sessions) for individuals, groups and families with a registered Social Worker. Evening and emergency/walk-in appointment also available. Please contact helpline and request an intake for counselling.
- **Youth Crisis Supports**
 - Calgary Distress Centre 403-266-4357 (HELP)
 - Kids Help Phone 1-800-668-6868 or text CONNECT to 686868
 - Connect Teen 403-264-8336 or text 587-333-2724
 - Child and Family Services 403-297-2995

LONG-TERM COUNSELLING

Individual, couple or family counselling offered by the same counsellor. Sessions can address a variety of issues over an extended period of time. Sessions are typically offered on a sliding scale, meaning the fee can be negotiated based on your income level.

- **Community Connect YYC** (www.communityconnectyyc.ca)
We are a group of Calgary-based agencies dedicated to helping community members to quickly and easily access social support services when they need it most. Use the online booking tool, available 24/7.
- **Calgary Counselling Centre – (1-833-827-4229)** Suite 200, 940 – 6th Avenue SW
Offers individual, youth, couple, family and group counselling on a variety of issues. After you call or fill out the [online registration form](#), they will contact you to set up an appointment with one of their counsellors. Appointment times are available on weekdays, evenings and Saturdays.
- **AHS Rural Mental Health/Addictions *Okotoks – (403-995-2712,)** 11 Cimarron Common, Okotoks AB
Short-term and long-term therapy is available to help people address and manage their emotional, psychological, addiction and mental health concerns. Individuals can call to self-refer for therapy services. *Offices also available in Airdrie, Chestermere, Cremona, Didsbury, High River, Nanton and Black Diamond (1-877-652-4700).*
- **Jewish Family Services – (403-287-3510)** Suite 420, 5920 – 1A Street SW
Offers individual, couples, group work, child and family therapy from a holistic, client centered approach. Services are accessible to people of all faiths and cultures, not just the Jewish population. An Education Services Program is also available, offering a diverse range of psycho/social programs offered to the Calgary Community. Finally, resettlement and seniors outreach services are also offered.
- **CARYA – (Intake 403-205-5244)** Suite 180, 839 - 5 Ave SW
Three major counselling programs are available. First, a Child and Family program offers counselling to couples, family, child/youth (ages 11-14) or single adults actively parenting a child under 24 years old. This program is relationship focused and aims to decrease stress and increase overall family functioning. Second, Functional Family Therapy is a unique way of working with families that specializes in dealing with the most challenging family circumstances (such as involvement with the youth criminal justice system, family conflict, problems at school and mental health concerns). Third, an Older Adults Program offers counselling to those aged 65+, providing help and hope in managing life changes; in some cases, in-home counselling for seniors can be arranged.
- **Catholic Family Services – (403-233-2360)** Suite 250, 707 – 10th Avenue SW
Offers individual, youth, couple, family and group counselling on a variety of issues. Clients served come from all faith and cultural backgrounds, therefore you do not have to be Catholic to access services. In addition, Catholic Family Services offers parent support programs, a specialized counselling program for individuals who are deaf or hard of hearing (Butterfly Program), as well as a Multicultural Counselling Program for newcomers to Canada.
- **Calgary Narrative Collective – (403-265-9590)** 3rd Floor, 223 – 12 Avenue SW
(Previously Calgary Women’s Health Collective)
The Calgary Narrative Collective provides individual, couple, and group therapy. Our team of therapists are informed by Narrative therapy ideas and practices that emphasize warm, dignified, and non-pathologizing working relationships. We are committed to an affordable sliding fee scale based on income and number of dependents (starting at \$45/session) in order to facilitate access to competent counselling at a reasonable rate. Sessions are available most week days, evenings, and Saturdays. Can also email: calgarynarrative@gmail.com

SPECIALTY COUNSELLING

Short term counselling offered by specialized counsellors to address a specific issue and/or crisis.

- **Calgary Communities Against Sexual Abuse (CCASA) – (403-237-5888)** **Suite 700, 910 - 7th Avenue SW**
Counselling and support services available for individuals, friends and family members who have been impacted by sexual abuse and/or sexual assault. Offers a 24-hour Support and Information line (same number listed above) as well as short term individual (up to 18-sessions) and group counselling. Individual counselling is free of charge, however there is a small fee associated with group counselling.
- **AHS Grief Support Program – (403-955-8011)** **3rd floor Richmond Road Diagnostic & Treatment Centre
1820 Richmond Rd. SW**
Free individual counselling and grief groups are offered in a safe, supportive and healing environment. All counsellors have specialized training and skills in grief and bereavement care.
- **Calgary Family Therapy Centre – (403-802-1680)** **#600, 1816 Crowchild Tr NW**
Provides outpatient treatment services for the families of children and adolescents experiencing mental health difficulties. The centre was formerly known as the University of Calgary ‘Family Therapy Program’ but now it is funded by Alberta Health Services.
- **Men’s Counselling Service – (403-299-9680)** **www.mcscalgary.com**
(Provided by Calgary Women’s Emergency Shelter)
Offers free individual and group counselling for men who are concerned that their anger and abusive behaviors are negatively impacting their family members. Men must make the first appointment themselves (evenings and weekends available if required). Once counselling has started, their partners may also be offered support and counselling.
- **Elbow River Healing Lodge – (403-955-6600)** **Sheldon Chumir Health Centre, 7th Floor, 1213 – 4th Street SW**
Offers elder consultation, traditional wellness counsellors, aboriginal liaison advocates, and aboriginal mental health workers to aboriginal clients. The clinic hours are 830am-430pm, Monday to Friday. This service is covered under Alberta Health Care.
- **Pregnancy Care Center – (403-269-3110)** **#205, 925 – 7th Ave SW (also Strathmore & Airdrie)**
Offers free and confidential services, including counselling, information and education on all pregnancy-related options. Also provide help for those experiencing grief after an abortion.
- **Punjabi Community Health Service Calgary – (587-999-9312)** **#100N, 3015 – 5 Ave NE**
Empowering and nourishing Calgary’s diverse South Asian community through safe, accessible, and culturally-informed counselling services, group programs, and outreach.
- **Money Mentors (Alberta Credit Counselling Agency) – (1-888-294-0076)** **#140, 109 Quarry Park Blvd SE**
Offers a range of financial services to help people get out of debt, including credit counselling, money coaching, debt consolidation and financial education. Money Mentors is the exclusive provider of the federally legislated “Orderly Payment of Debts” program.