

24-HOUR CRISIS LINE | TEXT OR PHONE: 403-266-4357

24-Hour Crisis Support in Calgary & Southern Alberta




If you need to talk, [Distress Centre](#) is here to listen. Distress Centre provides 24 hour crisis support by phone, text and chat to Calgary and southern Alberta. Anyone can contact Distress Centre when they're in crisis to speak with a highly trained responder, receive emotional support and feel heard. All conversations are confidential.

Phone or text: [403-266-HELP](tel:403-266-HELP) ([403-266-4357](tel:403-266-4357))

988 SUICIDE CRISIS HELPLINE

Proud partner in



9-8-8

9-8-8 is a new national three-digit helpline that provides urgent, live support by phone and text for anyone who is thinking about suicide, seeking crisis support, or who is worried about someone they know.

Phone or text: [9-8-8](tel:9-8-8)

Distress Centre Calgary is a 9-8-8 partner and part of the network of crisis lines across the country whose responders take 9-8-8 calls and texts.