

Community Support Services

Distress Centre: 403-266-4357 (HELP)

24/7 crisis and suicide line. Crisis intervention and support to access appropriate services (EMS, CPS or MRT) and /or referrals to other agencies.

Wood's Home Community Resource Team 403-299-9699 or 1-800-563-6106

24/7 telephone and mobile support service. A team of professionals represents the psychology, social work, marriage and family therapy disciplines and provides service to all individuals and families in the Calgary area.

Social Services Response Team – Calgary and Area Child and Family Services 403-297-2995

24/7 Child intervention intake line for emergency child welfare and family enhancement services.

Kid's Help Phone 1-800-668-6868

24/7 support line for children and adolescents. Confidential access to a counselor.

Calgary Communities Against Sexual Abuse

24/7 crisis/information line: Available to anyone who is dealing with or has been affected by sexual assault or sexual abuse. Services include: Crisis intervention, information, emotional support, problem solving, referral and access to emergency accompaniment to police or hospital.

Take a child/adolescent requiring Urgent Mental Health Care to the nearest urgent care site:

South Calgary Health (has an urgent and walk in mental health services) **403-943-9300**

Address: 31 Sunpark Plaza SE

Sheldon M. Chumir Health Centre (this site has an urgent mental health services) **403-955-6200**

Address: 1213 4th Street SW

Or nearest Emergency Department:

Alberta Children's Hospital Emergency **403-955-7070**

Address: 2888 Shaganappi Trail NW

Foothills Hospital Emergency **403-944-1405**

Address: 1403 29 Street NW

Peter Lougheed Emergency **403-943-4999**

Address: 3500 26th Avenue NE

Rockyview General Hospital **403-943-3449**

Address: 7007 14th Street SW

Counselling Services (Non-Crisis)

Access Mental Health **403-943-1500**

Calgary Counselling Centre **403-691-5991**
Calgary Family Services **403-269-9888**
Family Therapy Program **403-802-1680**
HealthLink Alberta **1-866-408-5465**

Dial 2-1-1 to get connected to the community service that you need. Dial 2-1-1 for help finding any community, social, or government services in Calgary. 2-1-1 is free, confidential, multilingual and available 24 hours a day.

Psychology Support for Counselling and/or Psychological Educational Assessments

Shannon Mitchell-Flek Counselling and Psychology **403-615-7421**
smflek@shaw.ca
#221, 222 16th Ave NE

MacDonald Psychology Group **403-229-3455**
info@complexlearners.com
Suite 320, 1167 Kensington Crescent NW