

FREE SERVICES

Counselling

- Access Mental Health – 403 943 1500
- Eastside Family Centre – 403 299 9699
- South Calgary Health Centre – 403 943 9383
- Calgary Family Therapy Centre (kids/teens only) – 403 802 1680
- Calgary Communities against Sexual Assault (ages 12 and up) - 403 237 6905
- Calgary and Area Child Advocacy Centre (services for minors that are abuse victims or perpetrators) – 403 428 5375
- Community Connect YYC <https://www.communityconnectyyc.ca/>
- The Summit (ages 7-17 only) Walk in Services 587-534-7200
<https://www.albertahealthservices.ca/summit/summit.aspx>

Parenting Support

- Community Education Services – 403 955 7420 or frcr.albertahealthservices.ca
- Parent Link Centre – 403 288 1446
- Triple P Parenting program through Parent Link or online training
- Families Matter – 403 205 5178
- Aspen Family Services – 403 219 3477
- Parent Support Association – 403 270 1809

SLIDING SCALE COUNSELLING RESOURCES

- Calgary Counselling Centre – 403 265 4980
- CARYA (child/teen/family only) – 403 269 9888
- Catholic Family Services – 403 233 2360
- Hospice Calgary (grief only) – 403 263 4525
- Lionheart Foundation <https://lionheartfoundation.ca> (ages 12-25 struggling with anxiety based mental health conditions)

PRIVATE COUNSELLING SERVICES (FULL PRICE/PRIVATE BENEFITS)

- www.psychologytoday.com/ca
 - Find a therapist- Calgary- choose Child/Adolescent

CRISIS RESOURCES

- Distress Centre Calgary 24 Hour Crisis Line – 403 266 HELP (4357)
- Kids Help Phone – 800 668 6868
- Calgary ConnecTeen – <https://calgaryconnecteen.com/> Call (24/7) – 403 264 8336 Text (daily) – 587 333 2724
- Community Resource Team – 403 299 9699
- Access Mental Health – 403 943 1500
- The Summit (above)
- Wood's Homes Community Resource Team: for community crisis support call 403-299-9699 (8am -11pm 7days a week)
- Urgent Emergency Department Psychiatric assessments at:
 - Alberta Children's Hospital
 - Foothills Hospital
 - South Health Campus
 - South Calgary Urgent Care
 - Sheldon Chumir