

MENTAL HEALTH SUPPORT RESOURCES

You are not alone 

FAST HELP IN A CRISIS

Whenever you need to talk, we're open.

KidsHelpPhone.ca
1 800 668 6868

 Text 686868

 KidsHelpPhone.ca

 Call 1-800-668-6868

 Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

 **DISTRESS CENTRE**
24 HOUR SUPPORT | COUNSELLING | RESOURCES

24 HOUR CRISIS LINE
403-266-HELP (4357)

distresscentre.com

Connecteen

TEEN SUPPORT LINE
CALL 403.264.8336
TEXT 587.333.2724

 **Stress Strategies**

<https://www.stressstrategies.ca/>

MENTAL HEALTH SUPPORT

Bridging the Gap

16-24yr: Access services, support network
CALL 403.216.0660



Free access to mental health information from experts by AHS
<https://community.hmhc.ca/>

Canadian Mental Health Association

Bridges gaps in care, education and support.
CALL 403.297.1700
Cmha.Calgary.ab.ca/
we-support

Access Mental Health

Connecting to services. Self or Doctor referral. CALL 403.943.1500



<https://www.silverliningsfoundation.ca/>

Peer support, access to care for eating disorders.

LET'S TALK

THERAPY AND INFO



Counselling support
Self referral
CALL 403.269.9888
www.caryacalgary.ca



Parenting Support and Courses for Mental Health
www.tripleparenting.ca



Child Mind Institute

Eastside Family Centre

No charge, walk in, single session counselling for individuals and families
255, 495 36 St. NE
CALL 403.299.9699

WOOD'S HOMES



Anxiety CANADA

Free resources and supports for anxiety, free online CBT
www.anxietycanada.com
info@anxietycanada.com

Family Resources
<https://childmind.org/resources/>

FIND A DOCTOR

Calgary Adolescent Treatment Services (CATS Clinic)

Free, confidential care for youth 12-23yrs old

1008—14th Street SE
CALL 403-237-5492 (clinic)



CCASA

CALGARY COMMUNITIES AGAINST SEXUAL ABUSE

calgarycasa.com

Find a Family Doctor
www.calgaryareadocs.com



the alex.

The Alex Youth Health Centre
12-24yrs old; mental health, medical care, LGBTQ2S+ supports, parenting programs, STI/pregnancy tests
CALL 403.520.6270

2840 - 2 Ave SE
www.thealex.ca/youth_impact