

## Getting Emotional / Mental Health Care In Calgary and Area

### In-Person

#### 1. Family doctor

Appointment needed.

Make an appointment to see your family doctor. If you do not have one, you can find one by:

- Calling 811
- Looking up clinics near your location at [www.albertafindadoctor.ca](http://www.albertafindadoctor.ca)
- Finding one at the College of Physicians and Surgeons of Alberta website [www.cpsa.ca](http://www.cpsa.ca) (language search)

#### 2. Adult Addiction Services Calgary (AASC; formerly AADAC)

No appointment is needed.

- Offer a full range of outpatient addiction treatment services for adults(18+) and their families concerned about substance use, gambling, and videogame addiction problems. Supports clients in reaching their goals and living a healthy lifestyle.
- Walk-in appointments are available Monday to Friday 8 am to 4 pm
- Telephone appointments are available Monday to Thursday 8 am – 8 pm, Friday 8 am to 4 pm
- 3 floor, 707 10 Ave SW Calgary, 403-367-5000

#### 3. Community Free/low-cost counseling:

Appointment needed.

- Carya- 403-269-9888
- Catholic Family Services- 403-233-2360
- Free-Calgary Immigrant Women's Association- 403-263-4414
- Free-Eastside Family Counselling Centre- 403-299-9696
- Free-Calgary Catholic Immigration Society- 403-298-8577
- Fee-based on income-Calgary Counselling Centre- 403-691-5991
- Free Immigrant Services Calgary – 403-444-1508 multiple languages or 403-705-4382

#### 4. Urgent help

##### Urgent Mental Health Care, Sheldon M. Chumir Health Centre

No appointment is needed.

- A multi-disciplinary team that offers assessment and treatment addressing specific concerns such as abuse/violence, addiction, grief, stress, aging, relationships, anxiety, depression, suicidal thoughts, and persistent or severe mental illness
- 1213 4<sup>th</sup> St. SW, Calgary, Alberta, T2R 0X7 (Corner of 12<sup>th</sup> Ave and 4<sup>th</sup> St. SW)
- Hours: Mon-Fri: 8:00 AM-10:00 PM; Sat & Sun: 8:00 AM- 9:00 PM
- 403- 955-6200

#### 5. Emergency help (wanting to hurt oneself or others)

**Hospital Emergency Departments** - No appointment is needed.

- Alberta Children’s Hospital  
- 2888 Shaganappi Trail NW, Calgary, Alberta, T3B 6A8, 403-955-7211  
- For children from birth to 18 years old
- Foothills Medical Centre  
- 1403 29 Street NW, Calgary, Alberta, T2N 2T9, 403-944-1110
- Peter Lougheed Medical Centre  
- 3500 26 Avenue NE, Calgary, Alberta, T1Y 6J4, 403-943-4555
- Rockyview General Hospital  
- 7007 14 Street SW, Calgary, Alberta, T2V 1P9, 403-943-3000
- South Health Campus  
- 4448 Front Street SE, Calgary, Alberta, T3M 1M4, 403-956-1111

## Over the phone/online

### 1. Help on mental health information and service referrals:

- Access Mental Health- Calgary 403- 943-1500, with interpretation
- Mental Health Help Line -Alberta 1-877-303-2642, 24/7 with interpretation
- Addiction Help Line- Alberta 1-866-332-2322, 24/7 with interpretation
- **811**, 24/7 with interpretation
- Family Violence Info Line- Alberta toll-free 310-1818, 24/7 with interpretation
- Bullying Help Line- Alberta 1-888-456-2323, 24/7 with interpretation
- Kids Help Phone- Alberta 1-800-668-6868, 24/7 (English, French or Arabic)
- Connecteen – 403-264-8336, text 587-333-2724, confidential chat <https://calgaryconnecteen.com/>

### 2. Urgent help:

- Mobile Response Team- via Distress Centre 403-266-4357  
A multi-disciplinary team that offers outreach crisis intervention, prevention, urgent psychiatric assessments, critical incident stress management, respite beds, and mental health education
- Distress Centre (crisis line) – 403-266-4357  
The Distress Centre will be able to assist with the next steps of getting help 24/7. The Distress Centre can help people to connect with urgent services as appropriate. Online chat available at [www.distresscentre.com](http://www.distresscentre.com)
- Sexual Assault Response Team-403-237-5888, Alberta’s one line for sexual violence 1-866-403-8000  
The team provides specialized services to people who have been sexually assaulted within the past 72 hours.

### 3. Emergency help:

- In emergency situations (thoughts of suicide, homicide), call 911 immediately.

### 4. Language interpretation help:

- Get over-the-phone interpretation when receiving care at Alberta Health Services sites
- Free to patients and families
- Ask a nurse or a staff member at Alberta Health Services to arrange

### 5. Affordable and barrier-free access to phone or video counseling sessions.

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

Updated information can be found on <http://DiversityCalgary.ca/ew>