

Support Services

Distress Centre..... 403-266- 4357 (HELP)

(24 hour- 7 days a week crisis and suicide line. The following services are provided: 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..... 403-237-5888

(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 Centre (this site 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 to the 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.

Social Skills Support:

*Resources are not limited to but are examples of agencies providing targeted support:

Moroz Psychological Services..... 403-541-1199

Let's Be Social: Foothills Academy..... 403-270-9400

Autism Calgary..... 403-246-7383

Family Supported Workshops:

<http://www.foothillsacademy.org/parent-workshop/>

<http://community.hmhc.ca/sessions/?p=in-person>