

Mental Health Resources in Calgary

ACCESS Mental Health

Phone: 403-943-1500 Ext 2 (adult services)

Fax: 403-943-9044

Email: mental.health@albertahealthservices.ca

Website: www.albertahealthservices.ca

- for triaging clients with any mental health concern to AHS programs and facilities
- priority given to pregnant and postpartum clients
- triaged based on acuity and need to psychiatrists, psychologists and support programs around the city that specialize in pregnancy and the postpartum period
- accepts phone or fax or self-referrals, clients are contacted within 1-2 days of referral
- based on acuity and the type of care needed, clients will be seen by 6-8 weeks after referral is made (those in need of urgent care seen earlier)

Families Matter

Phone: 403-205-5178

Fax: 403-205-5191

Email: info@familiesmatter.ca

Website: www.familiesmatter.ca

- offers telephone support, group support, and in-home support for those dealing with postpartum depression
- offers parent and baby drop-in groups and parenting and classes that teach supportive mental health practices, located at several sites around the city
- offers group support for partners of those dealing with postpartum depression

Distress Centre

Phone: 403-266-HELP (4357)

Suicide Prevention Hotline: 1-800-784-2433

Email: help@distresscentre.com

- for urgent concerns
- open 24hr/day, 7 days/week
- online chat is available from 5-10 pm
- emails are responded to within 24-48 hours

South Calgary Health Centre

Phone: 403-943-9300

Address: 31 Sunpark Plaza SE

Hours: 8:00 am to 10:00 pm

- Offers no fee, single session walk-in counselling

Calgary Women's Health Collective

Phone: 403-265-9590

Address: Community Wise Resource Centre, 223- 12 Ave SW

- Offers a focus on women's mental health
- Individual and group therapy options available
- Offers services based on a sliding fee scale