

Immediate Safety Resources

General:

- Distress Centre
 - 24/7 Crisis Line
 - Call 988 or 403-266-HELP
- Alberta Mental Health Help Line
 - Crisis support, mental health and addiction help.
 - 1-877-303-2642

For Youth

- Kids Help Phone <https://kidshelpphone.ca/>
 - 24/7 Crisis Line for Kids
 - Special Services for Indigenous and LGBTQ+ Youth
 - Call: 1-800-668-6868
 - Text: 686868
 - Website has online messaging: <https://kidshelpphone.ca/urgent-help>
- ConnectTeen <https://calgaryconnecteen.com/>
 - 24/7 Crisis Line for Teens
 - Peer Support (by teens) from 3pm-10pm weekdays, 12pm-10pm weekends.
 - Call: 403-264-TEEN
 - Text: 587-33-2724
 - Website has online messaging: <https://calgaryconnecteen.com/get-help-now/>
- Alberta Bullying Help Line
 - 24/7 support for bullying
 - Text or call: 310-1818

Abuse Helplines

- Child Abuse Hotline
 - To report any suspect abuse or neglect of children.
 - 1-800-387-KIDS (5437)
- Child Intervention Services Intake Line
 - Service that protects children from harmful environments and situations.
 - 24/7 line: 403-297-2995
- Family Violence Info Line
 - Report if someone you know is experiencing family or intimate-partner violence.
 - 1-780-310-1818
- Abuse Helpline
 - Report if someone you know is being abused or neglected.
 - 1-855-4HELPAB (1-855-443-5722)

- Protection for Persons in Care Line
 - Report abuse of adults receiving care from publicly funded service providers.
 - 1-888-357-9339
- Men's Helpline
 - 24/7 support helpline for men.
 - Call or Text 1-833-327-MENS (1-833-327-6367)

Infant Safe Surrender

- Hope's Cradle (through Children's Cottage Society)
 - Confidential safe place where parents can leave an infant without fear of legal ramifications (provided no signs of abuse). There is instant notification to staff when an infant is left in the cradle (cradle space is safe and heated).
 - 1804 Home Road NW, Calgary

Sexual Violence

- Sexual Violence One Line
 - Supports for survivors of sexual violence.
 - Call 1-866-403-8000
 - Text 1-866-403-8000

Family Assistance

- Children's Cottage Society
 - Services include safe surrender of infants, childcare respite, emergency housing, family supports, mental health and wellness programs.
 - 24/7 Support Line: 403-233-CARE (2273)

Housing/Shelter – Immediate/Urgent:

General:

- Mustard Seed Foothills Shelter: <https://theseed.ca/>
 - Sober shelter for adults in need of immediate shelter. Capacity 370
 - 7025 44th St SE, Calgary, 403-723-9422
- Alpha House <https://alphahousecalgary.com/>
 - For those under the influence of drugs or alcohol in need of immediate shelter. Capacity 120.
 - 203 15th Ave SE, Calgary, 403-234-7388
 - HELP Team: Transport for an unhoused individual who needs a safe place to sleep. 403-998-7388
- Calgary Drop-In Center <https://calgarydropin.ca/>
 - Sober shelter for adults in need of immediate shelter. Capacity ~750
 - 1 Dermot Baldwin Way, SE, Calgary, 403-266-3600

For Teens:

- Avenue 15 by the Trellis Society: <https://www.growwithtrellis.ca/>
 - Temporary Shelter for Unhoused Youth 12-17 years old.
 - 938 15th Ave SW, Calgary, 403-543-9651

For Women or Families

- The Trellis Society: <https://www.growwithtrellis.ca/>
 - Homestay for evicted or homeless families, or those living in unsafe or overcrowded housing. 403-219-3477 ext. 1
- Inn From The Cold: <https://innfromthecold.org/>
 - For families experiencing homelessness.
 - 110 11 Ave SE, Calgary, 403-263-8384
- Sheriff King House (by The YW) <https://www.ywcalgary.ca/sheriffking>
 - Emergency/Domestic Violence Shelter for Women and Children
 - 2003 16th St SE, Calgary,
 - 24/7 Crisis Line: 403-266-0707
- Calgary Women's Emergency Shelter <https://www.calgarywomensshelter.com/>
 - Emergency/Domestic Violence Shelter for Women and Children
 - Allows Pets
 - Location not public. 24-hour Emergency #: 403-234-7233
- The Mustard Seed Women's Shelter <https://theseed.ca/>
 - Adult Women Only
 - Beds first come first serve starting at 4pm – 40 spaces per night
 - 110 11th Ave SE, Calgary, 587-447-1345

Housing/Shelter – Non-Immediate Resources:

All of the above listed contacts can also be used as starting point referrals/resources for housing, healthcare, food insecurity, etc.

Below are additional **non-crisis** supports including referral programs and essential resources.

General:

- Be The Change YYC <https://bethechangeyyyc.org/>
 - For those experiencing homelessness in need of essential resources such as food, water, clothing, hygiene products, or harm reduction supplies. Also provides resource guides and referrals.
 - 587-224-9114
- Salvation Army Centre of Hope <https://www.salvationarmycalgary.org/>
 - For those experiencing homelessness in need of essential resources such as food, water, clothing, hygiene products. Can assist with transportation. Also provides resource connections.
 - 403-809-1247
- McMan Hope Homes Program <https://mcmancalgary.ca/hh/>
 - For those ages 17-24 experiencing homelessness.
 - hopehomes@mcmancalgary.ca
- CUPS Calgary <https://www.cupscalgary.com/>
 - Connects those with unstable housing to long term community resources.
 - 403-221-8780, info@cupscalgary.com
- The Alex (via Source Calgary)
 - Offers housing support for referred clients.
 - Visit SOURCE Calgary to schedule an assessment. <https://sourcecalgary.ca/>
 - #2-316 7 Ave SE (walk-in services Monday-Friday)
- Calgary Dream Centre <https://calgarydreamcentre.com/>
 - Connects those with unstable housing to long term community resources.
 - 403-243-5598

For First Nations/Metis/Inuit Youth

- Wicihitowin (by McMan Calgary) <https://mcmancalgary.ca/wicihitowin/>
 - For indigenous youth 16-24 who are experiencing homelessness.

Healthcare Resources

General

***Call 911 immediately for anyone having a life threatening medical emergency.**

- Healthlink
 - Phone: 811
- Hospital Emergency Departments/Urgent Cares:
 - Foothills Medical Centre: 1403 29 St NW
 - Alberta Childrens Hospital: 28 Oki Dr
 - Peter Lougheed Centre: 3500 26 Ave NE
 - Rockyview General Hospital: 7007 14th St SW
 - South Health Campus: 4448 Front St SE
 - Sheldon Chumir Urgent Care: 1213 4th St SW
 - South Calgary Urgent Care: 31 Sunpark Plaza SE

For Women

- Maud Medical Clinic <https://www.maudmedical.com/>
 - Education/advocacy. Offer access to certain medical procedures to those who wouldn't be able to afford it such as pelvic floor physio and paramedical tattooing.
 - 587-352-6283

For Youth

- The Alex Youth Health Centre <https://www.thealex.ca/program/youth-health-centre/>
 - Medical Consultations for ages 12-14 by appointment Mon-Fri
 - #104-2840 2nd Ave SE, Calgary, 403-266-2622

For First Nations/Metis/Inuit Persons

- The Alex Community Health Centre <https://www.thealex.ca/program/community-health-centre/>
 - Medical consultations for indigenous Calgarians by appointment.
 - #102-2840 2nd Ave SE, Calgary, 403-266-2622

For LGBTQ+ Persons

- The Alex Community Health Centre <https://www.thealex.ca/program/community-health-centre/>
 - Medical consultations for LGBTQ+ Calgarians by appointment.
 - #102-2840 2nd Ave SE, Calgary, 403-266-2622
- Maud Medical Clinic <https://www.maudmedical.com/>
 - Has a foundation (We Are Maud) that provides discounted gender affirming care.
 - 587-352-6283

- Sheldon Chumir Sexual and Reproductive Health Clinic
 - By appointment or drop-in
 - 5th Floor, 1213 4th St SW, Calgary, 403-955-6500

For Unhoused or Low-Income Persons

- The Alex Community Health Centre <https://www.thealex.ca/program/community-health-centre/>
 - Medical consultations by appointment.
 - #102 2840 2nd Ave SE, Calgary, 403-266-2622
- Sheldon Chumir Sexual and Reproductive Health Clinic
 - 5th Floor, 1213 4th St SW, Calgary, 403-955-6500



Mental Health Resources

Immediate Assistance

***Call 911 for anyone who is in immediate danger, or is a danger to themselves or others.**

General:

- Distress Centre
 - 24/7 Crisis Line
 - Call 988 or 403-266-HELP
- Alberta Mental Health Help Line
 - Crisis support, mental health and addiction help.
 - 1-877-303-2642

For Youth

- Kids Help Phone <https://kidshelpphone.ca/>
 - 24/7 Crisis Line for Kids
 - Special Services for Indigenous and LGBTQ+ Youth
 - Call: 1-800-668-6868
 - Text: 686868
 - Website has online messaging: <https://kidshelpphone.ca/urgent-help>
- ConnectTeen <https://calgaryconnectteen.com/>
 - 24/7 Crisis Line for Teens
 - Peer Support (by teens) from 3pm-10pm weekdays, 12pm-10pm weekends.
 - Call: 403-264-TEEN
 - Text: 587-33-2724
 - Website has online messaging: <https://calgaryconnectteen.com/get-help-now/>

Therapy/Counselling

For general therapy and counselling help there are numerous options in Calgary and area. Options for specific groups listed below:

For Youth:

- Trellis Society <https://www.growwithtrellis.ca/>
 - Therapy services for anyone over 4 years of age.
 - Referral email: therapyreferrals@growwithtrellis.ca
- The Healing Hive <https://www.thehealinghive.ca/>
 - Therapy Services for Teens
 - Email: hello@thehealinghive.ca

- GenLift <https://www.genlift.ca/>
 - Therapy Services for teens.
 - 403-801-5494
- Sana Psychological <https://sanapsychological.com/>
 - Therapy services for anyone over 5 years of age.
 - 403-252-4146
- Creative Sky Psychology <https://www.creativeskypsychology.com/>
 - Therapy services for kids, teens, and families.
 - Special services for neurodivergent children and teens.
 - 587-331-4464

For Men

- Canadian Centre for Men and Families <https://ccmfalberta.ca/>
 - Mental health service for men navigating relationship breakdown or distress.
 - 587-885-2839

Addiction Services

- Recovery Alberta Addiction Helpline <https://recoveryalberta.ca/>
 - 24/7 Support for Albertan's experiencing addictions (including gambling).
 - 1-866-332-2322
- The Alex Rapid Access Addiction Medicine <https://www.thealex.ca/program/rapid-access-addiction-medicine/>
 - Addiction support for all ages on a walk-in basis 9am-11am Monday to Friday
 - #102 2840 2nd Ave SE, Calgary
 - 403-277-9869
- Rapid Access Addiction Medicine (by AHS)
 - Addiction support for adults 18+ on a walk-in basis.
 - 707 10th Ave SW, Calgary
- Calgary Dream Centre <https://calgarydreamcentre.com/>
 - Recovery programs for adult men experiencing addiction.
 - Application process required.
 - 403-243-5598
- Aventa Centre of Excellence for Women with Addictions <https://aventa.org/>
 - Recovery programs for adult women experiencing addiction.
 - Application process required.
 - 403-245-9050

For First Nations/Metis/Inuit Persons

- Hope for Wellness Helpline
 - Country-wide helpline for Indigenous Canadians
 - 1-855-242-3310

- AHS Indigenous Support Line
 - 24/7 support for Indigenous Albertans
 - 1-844-944-4744
 - Accessible through 811
- Native Counselling Services of Alberta <https://www.ncsa.ca/>
 - Various programs for Indigenous Albertans
 - Calgary Chapter: 403-237-7850
- Flower in the Wind Therapy <https://flowerinthewindtherapy.ca/>
 - Individual therapy for Indigenous Calgarians
 - Offers various methodologies including EMDR and Narrative therapy
 - 403-827-3179

For LGBTQ+ Persons

- Centre for Sexuality <https://www.centreforsexuality.ca/>
 - Short term counselling for LGBTQ+ Calgarians
- Cascade Health <https://cascadehealth.ca/>
 - Queer-owned Independent Psychology practice specializing in LGBTQ+ Affirming Care
 - 587-429-9648
- Virtuous Circle Counselling <https://vccounselling.com/>
 - Offer LGBTQ2+ Affirming Therapy Services
 - 403-797-0660

For First Responders

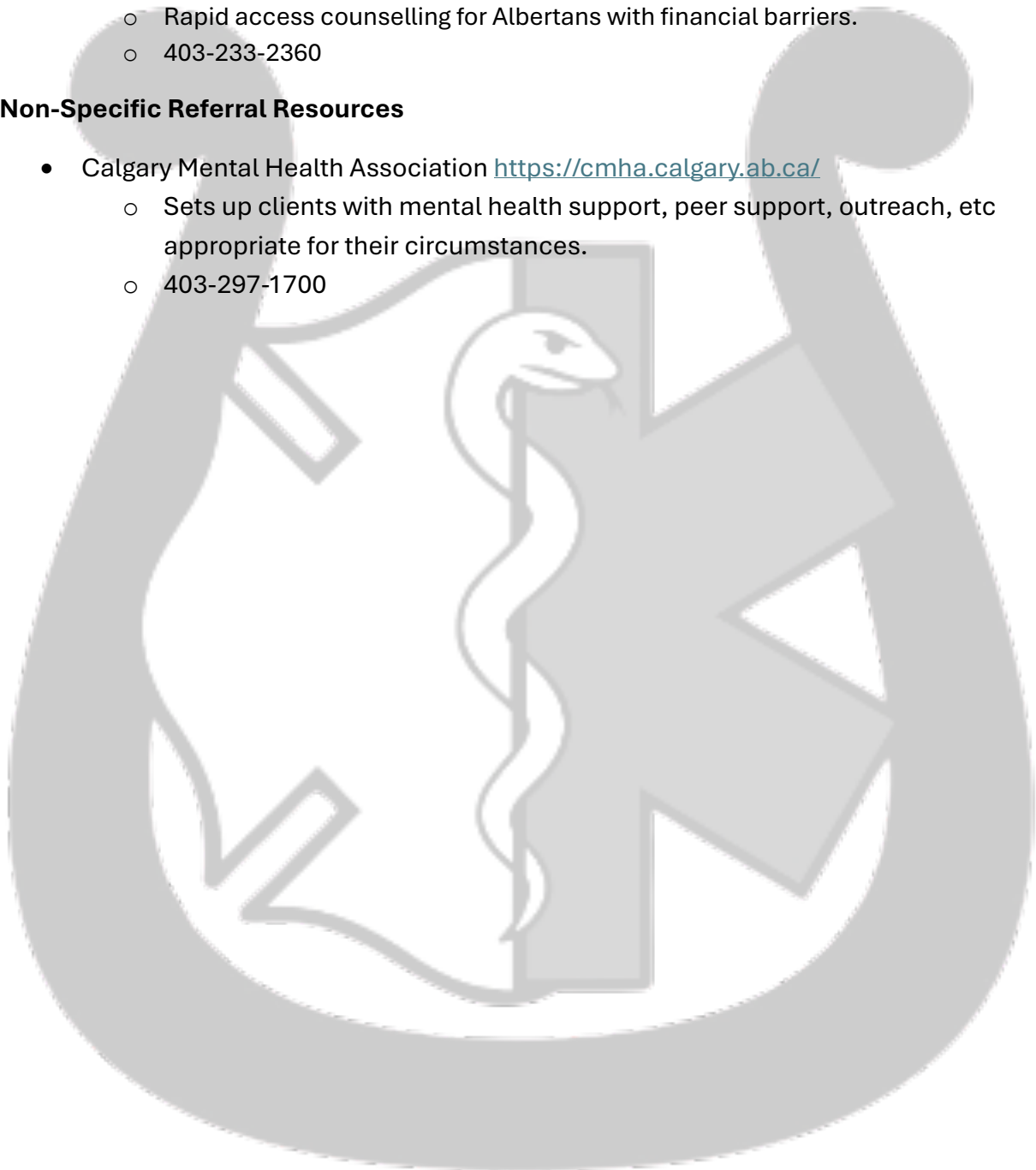
- Wayfound <https://www.wayfound.ca/>
 - Specialized mental health support services for trauma-exposed professionals and veterans.
 - 403-850-6711
- Legacy Place <https://legacyplacesociety.com/>
 - Crisis Line for first responders/military personnel/veterans or their families from 6am-9pm
 - Call: 403-201-9945
 - Text: 403-813-8019
- Alberta Critical Incident Peer Network <https://abcism.ca/>
 - Peer-driven support network for first responders by first responders.
 - Offer over the phone or in-person peer support.
 - 1-780-953-2476
- Wounded Warriors Canada <https://woundedwarriors.ca/>
 - Counselling and education services for those with job-related PTSD.
 - 1-888-706-4808

For Low-Income Persons

- Calgary Counselling Centre <https://calgarycounselling.com/>
 - Sliding-scale services to accommodate limited budgets.
 - 1-833-827-4229
- Kindred <https://www.kindred.ca/>
 - Rapid access counselling for Albertans with financial barriers.
 - 403-233-2360

Non-Specific Referral Resources

- Calgary Mental Health Association <https://cmha.calgary.ab.ca/>
 - Sets up clients with mental health support, peer support, outreach, etc appropriate for their circumstances.
 - 403-297-1700



Employment

General

- Emergency Income Support Contact Centre
 - Emergency Income Benefits
 - 1-866-644-5135
- Foundational Learning Assistance – Alberta Government
<https://www.alberta.ca/disability-related-employment-supports>
 - Opportunities for low income Albertans who are unemployed or working less than 20 hours per week.
 - To increase knowledge and develop skills for further education/training/sustainable employment.
 - 780-427-3722
- Calgary Career Hub <https://www.calgarycareerhub.com/>
 - Resume and interview skills, labour market information.
 - Online workshops and 1 to 1 coaching.
- McBride Career Group www.mcgcareers.com
 - Career counselling and coaching.
 - 403-668-5445

For Women

- Making Changes Association <https://www.makingchangesassociation.ca/>
 - Provides resources, professional clothes, skills training, and community for women who want to pursue careers or education.
 - 403-262-5776

For Those with Disabilities

- Disability Related Employment Supports (DRES) – Alberta Government
<https://www.alberta.ca/disability-related-employment-supports>
 - Provides funding for supports and services to help people with disabilities succeed in work and school.
- Internship for Persons with Disabilities – Alberta Government
<https://www.alberta.ca/internships-persons-disabilities>
 - Work experience that offers professional development and network building opportunities.

For Youth

- Youth Employment Centre <https://www.calgary.ca/careers/youth-employment.html>
 - Services for ages 15-24 on a drop-in basis.
 - Resume assistance, job search strategies, interview prep, career planning.
 - Alberta Trade Centre, 2nd Floor (315 10 Ave SE, Calgary)

- 403-268-2490
- The Alex Youth Drop-In Space www.thealex.ca/program/youth-health-centre/
 - Social workers available for drop-in 10am to 12pm Monday to Friday
 - #104 2840 2nd Ave SE, Calgary,
 - Call: 403-266-2622
 - Text: 403-680-9627

For First Nations/Metis/Inuit Persons

- Community Futures Treaty 7 <https://t7edc.com/>
 - Employment and training for First Nations Calgarians.
 - 403-251-9242
- Aboriginal Futures <https://aboriginalfutures.com/employment/>
 - One on one career development for First Nations/Metis/Inuit Calgarians.
 - 403-253-5311
- RIEL Institute for Education and Learning <https://www.rielinstitute.com/>
 - Education and career and resource center for Indigenous Calgarians.
 - 403-248-0824
- Rupertsland Institute Metis Centre of Excellence <https://www.rupertsland.org/>
 - Education support and funding, and employment services for Metis individuals.
 - 1-888-486-3847
- Stoney Nation Job Resources Centre <https://stoneynationjobs.com/jobs/>
 - Employment support and job training for members of Wesley, Bearspaw, and Chiniki Nations
 - Located in Mini Thni, AB
 - 403-881-2630
- Siksika Employment and Training Services (SETS) <https://www.siksikafamilyservices.com/programs/sets/#>
 - Career planning, employment, training, and job placement for Siksika Nation members.
 - 132 16th Ave NE, Calgary, AB

Education

General

- Foundational Learning and Skills Development – Alberta Government
<https://www.alberta.ca/going-back-school-adult>
 - Options for adults who want to learn new skills, start on a path to other learning opportunities, or get a job.
 - email: ae.foundationallearning@gov.ab.ca
- Community Adult Learning Programs (CALP) – Alberta Government
<https://www.alberta.ca/community-adult-learning-program>
 - Foundational literacy, numeracy, and language skills for Albertans with unmet learning needs.
- Canadian Adult Education Credential (formerly GED) – Alberta Government
<https://www.alberta.ca/general-educational-development>
 - Guide to equivalency diplomas.

For Pregnant and Parenting Teenagers

- Louise Dean School <https://louisedean.cbe.ab.ca/>
 - Grade 9-12 High School for pregnant or parenting teenagers.
 - 403-777-7630

For First Nations/Metis/Inuit Persons

- RIEL Institute for Education and Learning <https://www.rielinstitute.com/>
 - Education and career and resource center for Indigenous Calgarians.
 - 403-248-0824
- Rupertsland Institute Metis Centre of Excellence <https://www.rupertsland.org/>
 - Education support and funding, and employment services for Metis individuals.
 - 1-888-486-3847
- Indspire <https://indspire.ca/>
 - Education funding for First Nations/Metis/Inuit Canadians
 - 1-855-463-7747
- Post-Secondary Student Support Program <https://www.sac-isc.gc.ca/eng/>
 - Financial Assistance for First Nations Students
 - 780-495-4088

General Community Services

Non-specific or multi-disciplinary community services, referral programs, advocacy centres, etc.

General

- 211 Alberta <https://ab.211.ca/>
 - A helpline and online database of Alberta's community and social services.
 - Call or text 211
- Alberta Supports Contact Center <https://www.alberta.ca/alberta-supports>
 - Family and social supports
 - 1-877-644-9992
- Rise Calgary <https://www.risecalgary.ca/>
 - Basic needs support, financial management and life skills, wellness programs, food programs, advocacy.
 - 403-204-8287
- Salvation Army Community Services <https://www.salvationarmycalgary.org/>
 - Services and programs for families, adults, and seniors.
 - 403-410-1160
- Good Neighbour YYC <https://www.goodneighbourcalgary.com/>
 - Emergency clothes/meals/toiletries for Calgarians.

Family Supports

- Children's Cottage Society <https://childrenscottage.ab.ca/>
 - Services include safe surrender of infants, childcare respite, emergency housing, family supports, mental health and wellness programs.
 - 24/7 Support Line: 403-233-CARE (2273)
- CUPS Calgary <https://www.cupscalgary.com/>
 - Family supports for Calgarians facing poverty and trauma.
 - 403-221-8780, info@cupscalgary.com
- Closer to Home <https://closerhome.com/contact/>
 - Family supports for children, youth, and families.
 - 403-543-0550

For Youth

- The Alex Youth Drop-In Space www.thealex.ca/program/youth-health-centre/
 - Social workers available for drop-in 10am to 12pm Monday to Friday
 - Offer medical support, job training, counselling, parenting help, basic needs support, justice navigation, etc.
 - #104 2840 2nd Ave SE, Calgary,
 - Call: 403-266-2622
 - Text: 403-680-9627
- Big Brothers Big Sisters of Calgary <https://bbbscalgary.ca/>
 - Matches children and youth in need of positive role models with adult mentors who provide positive experiences.
 - 403-777-3535
- Antyx Arts <https://antyx.ca/>
 - Free arts programs for youth 12-18.
 - Email: comms@antyx.org
- Luna Child and Youth Advocacy Centre <https://www.lunacentre.ca/>
 - Support for children, youth, and families impacted by child abuse.
 - 403-428-5300

For Pregnant and Parenting Teenagers

- Louise Dean School <https://louisedean.cbe.ab.ca/>
 - Grade 9-12 High School for pregnant or parenting teenagers.
 - 403-777-7630

For First Nations/Metis/Inuit Persons

- Miskanawah <https://miskanawah.ca/>
 - Community programs for First Nations individuals, youth, and families.
 - 403-247-5003

For Immigrants/Refugee Youth

- The Calgary Bridge Foundation for Youth <https://cbfy.ca/>
 - Offer support for the well-being of newcomer children, youth and families.
 - 403-230-7745

For Those with Mental Illness

- Potential Place <https://www.potentialplace.org/>
 - Accredited Clubhouse dedicated to maintaining a community for individuals with mental illness through participation, personal development, and individual empowerment.
 - 403-216-9250