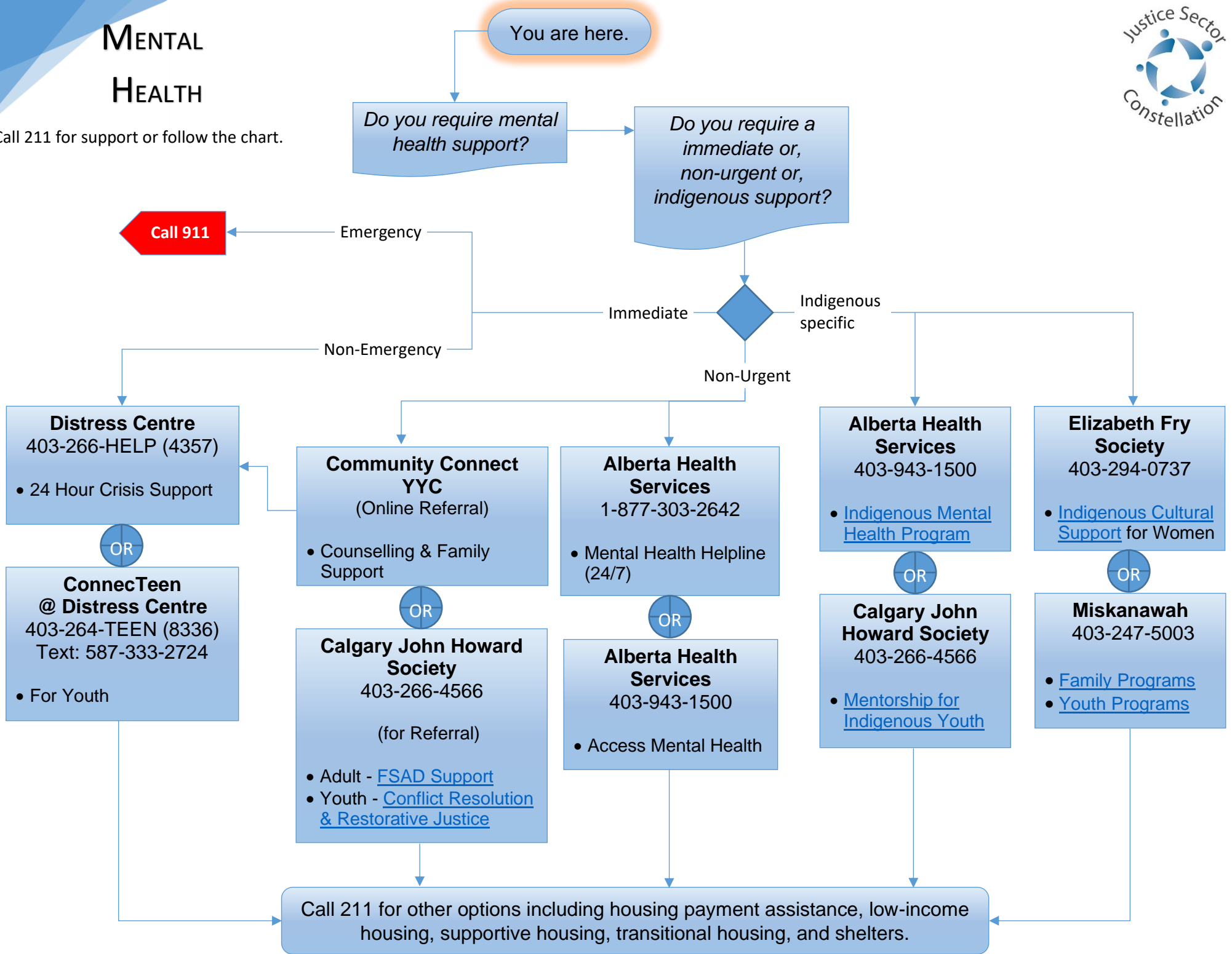


# MENTAL HEALTH

Call 211 for support or follow the chart.



You are here.

Do you require mental health support?

Do you require a immediate or, non-urgent or, indigenous support?

Call 911

Emergency

Non-Emergency

Immediate

Indigenous specific

Non-Urgent

**Distress Centre**  
403-266-HELP (4357)  
• 24 Hour Crisis Support

OR

**ConnecTeen @ Distress Centre**  
403-264-TEEN (8336)  
Text: 587-333-2724  
• For Youth

**Community Connect YYC**  
(Online Referral)  
• Counselling & Family Support

OR

**Calgary John Howard Society**  
403-266-4566  
(for Referral)  
• Adult - [FSAD Support](#)  
• Youth - [Conflict Resolution & Restorative Justice](#)

**Alberta Health Services**  
1-877-303-2642  
• Mental Health Helpline (24/7)

OR

**Alberta Health Services**  
403-943-1500  
• Access Mental Health

**Alberta Health Services**  
403-943-1500  
• [Indigenous Mental Health Program](#)

OR

**Calgary John Howard Society**  
403-266-4566  
• [Mentorship for Indigenous Youth](#)

**Elizabeth Fry Society**  
403-294-0737  
• [Indigenous Cultural Support for Women](#)

OR

**Miskanawah**  
403-247-5003  
• [Family Programs](#)  
• [Youth Programs](#)

Call 211 for other options including housing payment assistance, low-income housing, supportive housing, transitional housing, and shelters.

# MENTAL HEALTH



Call 211 for support or follow the chart.

- Alberta Health Services
  - [Access Mental Health](#)
  - [Indigenous Mental Health Program](#)
  - [Mental Health Helpline](#)

Telephone: 403-943-1500  
Call 24/7: 1-877-303-2642
- [Calgary 911](#)
- Calgary John Howard Society (for referral)
  - [Adults FSAD Support](#)
  - [Mentorship for Indigenous Youth](#)
  - [Youth Conflict Resolution & Restorative Justice](#)

1000 – 4502 Builders Road SE, Calgary, AB T2G 4C6

Telephone: 403-266-4566  
Toll Free: 1-855-451-6947
- [ConnecTeen](#) @Distress Centre -  
999 - 8<sup>th</sup> Street SW, Calgary, AB, T2R 1J5  
  
Call (24/7): 403-264-TEEN (8336)  
Text (daily): 587-333-2724
- Community Connect YYC (online referral)
  - [Counselling & Family Support](#)
- Distress Centre - [24 Hour Crisis Support](#)  
999 - 8<sup>th</sup> Street SW, Calgary, AB, T2R 1J5  
  
Crisis Line: 403-266-HELP (4357)  
Hearing Impaired: 403-543-1967
- Elizabeth Fry Society - [Affordable Housing](#)  
1731 – 10 Avenue SW, Calgary, AB, T3C 0K1  
  
Telephone: 403-294-0737  
Toll Free: 1-877-398-3656
- Miskanawah East - [Family & Youth Programs](#)  
2716 Sunridge Way NE, Calgary, AB, T2Y 0A5  
  
Telephone: 403-247-5003 Ext.1
- Miskanawah West  
2340 1 Ave. NW, Calgary, AB, T2N 0B8  
  
Telephone: 403-247-5003 Ext. 2