

Client Resource List

<p>AB Mental Health Helpline 1-877-303-2642 (directed to Health Link 811) -24/7</p>	<p>Distress Centre 403-266-HELP (4357) -24/7 crisis line -mobile response team may be available 9am-9pm (a team of mental health professionals that meets at client's home) -teen help line 403-264-TEEN (8336)</p>
<p>Access Mental Health 403-943-1500 or 1-844-943-1500 -extension (1) for children -extension (2) for adults and seniors -mental health clinician screening process via telephone -provide information on mental health and addiction resources</p>	<p>East Calgary Health Centre 403-955-1010 -child/adolescent addiction and mental health community services -referral via Access Mental Health</p>
<p>Adult Addiction Services (Calgary) 403-297-3071 -walk in clinic -open weekdays at 12:30pm (intake with counsellor) -ages 18+</p> <p>Youth Addiction Services (Calgary) 403-297-4664 -walk in clinic -open Mon, Wed, Fri at 8:30-10am (intake with counsellor) -ages 12-18</p>	<p>Eating Disorders Program 403-955-7700 -physician referral required</p>
<p>Airdrie Mental Health Clinic 403-948-3878 -walk in counselling Thursdays 4-7pm -intake line for counselling 1-877-652-4700</p>	<p>Family Mediation (Alberta Government-Ministry of Justice) 403-297-6981 -resolution services -family court counsellors available</p>
<p>Banff / Lake Louise Community Health Centre 403-762-4451</p>	<p>Health Link Alberta 811 or 1-866-408-5465 -nurse evaluation available 24/7 -provide health information for services and access to mobile crisis teams</p>
<p>Black Diamond Addiction and Mental Health Clinic 403-933-3800</p>	<p>High River Addiction and Mental Health 403-652-8340</p>

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<p>Bridgeland Seniors Health Clinic 403-955-1500 <i>-referral required through Access Mental Health</i></p>	<p>Hull Psychological Services (HPS) 403-589-1865 (intake coordinator) <i>-family and individual counselling</i> <i>-self-referrals</i> <i>-mental health services</i></p>
<p>Calgary and Area Regional Collaborative Service Delivery (RCSD) <i>-for children in ECS to grade 12</i> <i>-emotional-behavioural supports, occupational and/or physical therapy, and speech-language services</i> <i>-contact child's school to discuss service needs</i></p>	<p>Immigrant Services Calgary 403-265-1120 <i>-support services for newcomers</i></p>
<p>Calgary Chinese Community Service Association (CCCSA) 403-265-8446 <i>-new immigrant assistance</i> <i>-social worker available</i></p>	<p>Jewish Family Service Calgary 403-287-3510 <i>-individual and couples counselling</i> <i>-all ages</i> <i>-sliding scale fee</i></p>
<p>Calgary Communities Against Sexual Abuse (CCASA) and Association of AB Sexual Assault Services (AASAS -oversees all sexual assault organizations in Alberta) 403-237-6905 (office -staff directory) 403-237-5888 <i>-intake and support/info line (forwards to Distress Centre after hours)</i> <i>-sexual assault and sexual abuse support and information line</i> <i>-ages 12+</i></p>	<p>Kids Help Phone 1-800-668-6868 <i>-24/7 counsellor</i> <i>-ages 20 and under</i></p>
<p>Calgary Counselling Centre 403-265-4980 (administration) 403-691-5991 (intake line for appointments) <i>-no referral needed</i> <i>-sliding fee scale</i></p>	<p>Okotoks Addiction and Mental Health Clinic 403-995-2712</p>
<p>Canadian Mental Health Association – Calgary region 403-297-1700 or 403-297-1402 (Peer Support) <i>-Family Support Program – sliding scale fees for counselling</i></p>	<p>Organization for Bipolar Affective Disorders (OBAD) 403-263-7408 <i>-peer support meetings</i></p>

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<p>Canmore Addictions and Mental Health Services 403-678-4696</p>	<p>Rural Addiction and Mental Health Services 1-877-652-4700 -Strathmore, Airdrie, Chestermere, Didsbury, High River, Nanton, Black Diamond, Okotoks</p>
<p>Carya Society of Calgary 403-269-9888 (main line) -intake for appointments: 403-205-5244 -family counselling -sliding scale fee</p>	<p>Sheldon Kennedy Child Advocacy Centre (Child Abuse Program) 403-428-5300 (reception – provides information on how to obtain support)</p>
<p>Catholic Family Service 403-233-2360 -serve people of all faiths and cultures -focus on low income individuals / barrier free payment -counselling at CFS office, in-home, or via telephone</p>	<p>South Calgary Health Centre 403-943-9374 -free walk-in counselling for all ages -counselling programs for youth, adult, and older adults</p>
<p>Chestermere Community Health Centre 403-365-5400</p>	<p>Stepfamily Foundation of Alberta 403-245-5744 -courses, counselling, support groups, and consulting for stepfamilies</p>
<p>Community Links – Airdrie 403-945-3900 -drop in and long term counselling -domestic violence counselling -all ages -sliding scale fee</p>	<p>Strathmore Addiction and Mental Health Clinic 403-361-7277</p>
<p>Community Parent and School Support (COMPASS) -YWCA 403-264-3440 -free in-home support program for families with children up to age 12 -referral required</p>	<p>Young Adult Program / Adolescent Day Treatment Program 403-270-1751 (office) -classrooms 403-802-2265 -short-term program for junior or senior high students with mental illness -counselling and family support -referral via Access Mental Health</p>

Unsure who to call? Phone **211** (referral specialists) or visit www.ab.211.ca