



MENTAL HEALTH SUPPORT RESOURCES

FREE COUNSELLING & PEER SUPPORT

INDIVIDUALS

- **CMHA Calgary** for free peer support – call 403-297-1402 or through email at peer@cmha.calgary.ab.ca.
- **Wood's Homes** for free professional crisis counseling – available in the following languages: Arabic, English, Hindi, Hungarian, Laotian, Mandarin, Punjabi, Tagalog, Spanish, Swahili and Urdu)
 - o Call: 1-800-563-6106 or 403-299-9699
 - o If you are experiencing difficulty getting through our phone lines, please email crtsupport@woodshomes.ca and someone will call you.
 - o LiveChat: [Click here](#).
 - o Text: 587-315-5000 (9 a.m. to 10 p.m.)
 - o E-therapy: (email to) etherapy@woodshomes.ca
 - o Visit their website <https://www.woodshomes.ca/>
- **Distress Centre**
 - o 24-hour support (This service is free and is offered in over 200 languages)
 - Call 403.266.HELP (4357)
 - Hearing Impaired – 403.543.1967
 - Email: help@distresscentre.com
 - o Crisis Counselling – for more complex issues, Distress Centre's professional crisis counselling is offered to individuals, couples and families.
 - Call 403-266-HELP (4357) for intake
 - Fill-up the intake form <https://www.preenrollment.info/form/distresscentrecalgary>
- **Alberta Health Services** – Mental Health Services for mental health concerns, resources and referrals, call 1-877-303-2642 (24 hours)
- Mosaic Primary Care Network offers free mental health services



YOUTH

- **Distress Centre – Connecteen:** for teens, by teens
 - o Call (24/7): 403.264.8336 (24 hours)
 - o Text (daily): 587-333-2724 (Mon-Fri, 3pm-10pm, Sat-Sun 12pm-10pm)
 - o Chat: <https://calgaryconnecteen.com/> (Mon-Fri 3pm-10pm, Sat-Sun 12pm-10pm)
 - o Email: ConnecTeen@distresscentre.com (allow 24-48 hours for response)
- **Wood’s Homes** for free professional crisis counseling – available in the following languages: Arabic, English, Hindi, Hungarian, Laotian, Mandarin, Punjabi, Tagalog, Spanish, Swahili and Urdu)
 - o Call: 1-800-563-6106 or 403-299-9699
 - o If you are experiencing difficulty getting through our phone lines, please email crtsupport@woodshomes.ca and someone will call you.
 - o LiveChat: [Click here](#) (9am-10pm)
 - o Text: 587-315-5000 (9 am-10 pm)
 - o E-therapy: (email to) etherapy@woodshomes.ca
 - o Visit their website <https://www.woodshomes.ca/>
- **Kids Help Phone**
 - o Call 1-800-668-6868 (24 hours)
 - o Text CONNECT to 686868 (24 hours)

FAMILIES

- **CMHA Suicide Bereavement and Family Support** call 403-297-1708 or email counsellingintake@cmha.calgary.ab.ca
- **Distress Centre professional crisis counselling** is offered to individuals, couples and families for more complex or continuing support.
 - Call 403-266-HELP (4357) for intake
 - Fill-up the intake form <https://www.preenrollment.info/form/distresscentrecalgary>



FREE ONLINE SESSIONS FOR MENTAL HEALTH SUPPORT

- **Canadian Mental Health Association (CMHA) Calgary** offers free online sessions with their peer supporters and facilitators on focus discussions on anxiety, boundaries, stress, socially engaging activities and light-hearted games in this time of COVID-19 isolation. Check their website <https://cmha.calgary.ab.ca/> for classes and schedule

