

Emergency Support Services

CRISIS SERVICES

Emergency Police, Fire, Ambulance	911
Calgary Police Service - Non Emergency Association	403.266.1234
Calgary Mental Health Association	403.297.1700
Emergency Social Service (SSRT)	403.297.2995
- After Hours	403.270.5335
Distress Centre – 24 hour line	403.266.1605
YWCA Crisis Line	403.266.0707
Wood's Community Resource Team	403.299.9699
Mobile Response Team	403.266.1605
Parent's Help Line	1.888.603.9100
Teen Line	403.264.8336
Kid's Help Line https://kidshelpphone.ca/	1.888.668.6868
Children's Cottage Respite 0 – 12 years	403.233.2273
Men's Crisis / Anger Management	403.299.9680
Poison Information	1.800.332.1414
Suicide Services (CMHA, 9 – 5pm)	403.297.1744

INDIVIDUAL & GROUP COUNSELLING / THERAPY

U of C Family Therapy Centre	403.802.1680
Calgary Counselling Center	403.265.4980
Calgary Catholic Family Service	403.233.2360
Calgary Communities Against Sexual Abuse	403.237.6905
Calgary Jewish Family Services	403.287.3510
Calgary Family Services	403.299.693
Eastside Family Centre	403.299.9696

Westside Family Centre	403.288.3313
Hospice Calgary Grief / Loss Counselling	403.263.4525
Men's Domestic Conflict Help	403.266.4357
Men's Educational Resource Association	403.228.6366
YWCA Sheriff King Parent & Children Men and Women	403.294.3673 403.266.4111

PARENTING

Calgary Family Connections	403.288.8111
Children's Link Society	403.230.958
Community Parent & School Support (COMPASS)	403.264.3440
Cross-Cultural Parenting Program	403.517.8830
Interfaith Youth & Family Services	403.717.1723
Families Learning Together	403.240.7808
Families Matter – In-Home Support Under 4 years	403.205.5178
Family Support for Children with Disabilities (FSCD)	403.297.7971
McMan Youth & Family Parent / Teen Conflict	403.508.7756
Parent Support Association	403.270.1809
Parent Development Centre	403.265.4980
Parent Stress / Help Line	403.265.5117
Parent Resource Line	403.205.5189
Parent Link	403.275.6666
Parent & Children Together (PACT)	403.671.1710

PEI – Mental Health Services

<https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services>