

MENTAL HEALTH SUPPORT RESOURCES

You are not alone ♥

FAST HELP IN A CRISIS

Whenever you
need to talk,
we're open.

KidsHelpPhone.ca
1 800 668 6868

Text 686868

KidsHelpPhone.ca

Call 1-800-668-6868

Message at Facebook.com/
CrisisTextLinepoweredbyKidsHelpPhone

 **DISTRESS CENTRE**
24 HOUR SUPPORT | COUNSELLING | RESOURCES

24 HOUR CRISIS LINE
403-266-HELP (4357)

distresscentre.com

Connecteen

TEEN SUPPORT LINE
CALL 403.264.8336
TEXT 587.333.2724

 Stress
Strategies

<https://www.stressstrategies.ca/>

MENTAL HEALTH SUPPORT

Bridging the Gap

16-24yr: Access
services, support
network
CALL 403.216.0660



Canadian Mental Health Association

Bridges gaps in care,
education and
support.

CALL 403.297.1700
[Cmha.Calgary.ab.ca/
we-support](http://Cmha.Calgary.ab.ca/we-support)

Access Mental Health
Connecting to services. Self or Doctor
referral. CALL 403.943.1500



 **SILVER LININGS
FOUNDATION**
Peer support,
access to
care for
eating
disorders.
<https://www.silverliningsfoundation.ca/>

LET'S TALK



Eastside Family Centre

No charge, walk in, single
session counselling
for individuals and families
255, 495 36 St. NE
CALL 403.299.9699

CARYA

Counselling support
Self referral

CALL 403.269.9888
www.caryacalgary.ca

CARYA



Catholic Family Services

Counselling support
Self referral
CALL 403.233.2360
www.cfs-ab.org

FIND A DOCTOR



Calgary Adolescent Treatment Services (CATS Clinic)

Free, confidential care for
youth 12-23yrs old
117 7th Ave SW
CALL 403.237.5496 (clinic)
403.955.7795 (hospital)

Find a Family Doctor
www.calgaryareadocs.com



the
alex.

The Alex Youth Health Centre
12-24yrs old; mental health,
medical care, LGBTQ2S+
supports, parenting programs,
STI/pregnancy tests
CALL 403.520.6270
2840 - 2 Ave SE
www.thealex.ca/youth_impact