



Off-campus Wellness Resources

There are many off-campus resources that are available to support you and your health, mental health, and well-being.

24/7 MENTAL HEALTH SUPPORT: the following services are available 24 hours a day, 365 days a year and provide support, information, and referrals. You can use these services for any problem-big or small, if you need someone to talk to, or if you are looking for help finding resources.

DISTRESS CENTRE

24-hour phone and text line: **403-266-4357**

Online chat also available.

distresscentre.com

WOOD'S HOMES COMMUNITY MENTAL HEALTH SERVICES

24-hour phone line: **403-299-9699** or **1-800-563-6106**

text: **587-315-5000**

(available daily from 9:00am-10:00pm)

Online chat (available daily from 9:00am-10:00pm)

woodshomes.ca

ALBERTA MENTAL HEALTH HELP LINE:

24 hour phone line: **1-877-303-2642**

albertahealthservices.ca/findhealth

TALK SUICIDE CANADA:

24-hour phone line for anyone experiencing thoughts of suicide:

1-833-456-4566 Text **45645** (available daily from 2:00pm-10:00am)

talksuicide.ca

HOPE FOR WELLNESS HELPLINE:

24-hour phone line for Indigenous peoples across Canada:

1-855-242-3310 online chat available

hopeforwellness.ca

WELLNESS TOGETHER:

24-hour phone line for Canadians and Canadians abroad:

1-866-585-0445

wellnesstogether.ca/en-ca/contact

INFORMATION & REFERRALS: These services provide help finding the right services and resources.

ACCESS MENTAL HEALTH

Information and referrals to those in the Calgary zone who have mental health or substance use concerns.

Phone: **403-943-1500**

Toll free: **1-844-943-1500**

Available weekdays from 8:00am-5:00pm.

albertahealthservices.ca/findhealth

ALBERTA 211

24-hour phone line that helps with finding housing, employment, financial support, community and government services, and more.

Available in over 170 languages

Dial: **2-1-1** Text: **INFO** to **211** Online chat also available

ab.211.ca

COUNSELLING SERVICES: Community options for affordable counselling services.

COMMUNITY CONNECT YYC

Affordable and barrier-free access to counselling. By appointment.

communityconnectyyc.ca

ALBERTA 211

Sliding scale fees to pay what you can afford.

By appointment.

calgarycounselling.com/counselling

DISTRESS CENTRE

Free, short term crisis counselling.

By appointment

distresscentre.com/need-help/counselling

EAST SIDE FAMILY CENTRE

Single session therapy and extended services.

By appointment and walk-in.

woodshomes.ca/programs/eastside-community-mental-health-

URGENT MENTAL HEALTH SERVICES: Options for urgent mental health assessment and crisis support.

MOBILE RESPONSE TEAM:

Mental health support and/or consultation in crisis situations. They can provide mobile and telephone services.

Distress Centre phone: **403-266-4357** and request Mental Health Crisis Triage.

albertahealthservices.ca/findhealth

**SHELDON CHUMIR HEALTH CENTRE
URGENT MENTAL HEALTH**

Mental health assessment and single session therapy.

Available 24/7. No appointment needed.

albertahealthservices.ca/findhealth

**SOUTH CALGARY HEALTH CENTRE
URGENT MENTAL HEALTH**

Mental health assessment single session therapy.

Available weekdays from 12:00pm-8:15pm. No appointment needed.

albertahealthservices.ca/findhealth

SEXUAL VIOLENCE SUPPORT SERVICES: these services provide information and support to individuals who have been impacted by sexual violence.

**CALGARY COMMUNITIES AGAINST SEXUAL ABUSE
(CCASA)**

Provides crisis support, counselling, and information about support services in Calgary and area.

Support & Information

Phone: **403-237-5888** (available daily from 9:00am-9:00pm)

calgarycasa.com/about-ccasa

ALBERTA'S ONE-LINE FOR SEXUAL VIOLENCE

Crisis support and help finding support services in Alberta. Phone line
Phone: **1-866-403-8000** (available daily from 9am-9pm daily in 170+ languages)

Text: **1-866-403-8000** (Online chat also available.)

aasas.ca/get-support

MEDICAL SERVICES: Options for health advice and help finding clinics and services.

HEALTH LINK 811

24 hour phone line for anyone seeking health advice and information

Dial: **8-1-1**

albertahealthservices.ca/findhealth

CALGARY WALK-IN CLINICS

Search for walk-in clinics in Calgary and area.

medimap.ca/clinics/walk-in-clinics/ab/calgary