

# Youth Mental Health Supports

\*Denotes and Indigenous specific service

## Online, Phone and Text Supports



### **Awo Taan Healing Lodge Society - Child Support**

Phone: 403-531-1970 x200

[Website](#)

1-1 counselling for children impacted by violence or bullying

### **Centre for Sexuality- Sexual Health Counselling Support and Education**

Phone: 403-283-5580

[Website](#)

Single session; Ages 14-29

### **CMHA Calgary Family Support Counselling**

Phone: 403-297-1700

[Website](#)

### **Crisis Services Canada – Suicide Prevention and Support**

Phone: 1-833-456-4566

Text: 45645 -2pm-10pm (MT)

[Website](#)

### **Distress Centre Calgary**

Phone: 1-800-784-2433

Phone: 403-264-8336

Text: 587-333-2724

[Live Chat](#) M-F 3-10pm, S-S 12-10pm

Email: [ConnecTeen@distresscentre.com](mailto:ConnecTeen@distresscentre.com)

[Website](#)

### **First Nations and Inuit Hope for Wellness Help Line**

Phone: 1-855-242-3310

[Live Chat](#)

[Website](#)

Counselling in English, French, Cree, Ojibway and Inuktitut



### **Indigenous Kids Help Phone**

Phone: 1-800-668-6868

Text: 686868 – ask for an Indigenous responder

[Facebook Messenger](#)

[Live Chat](#) 5pm-10pm (MT)

[Website](#)

### **Indigenous: We Matter**

Phone: 1-800-668-6868

[Website](#)

### **Revivre, Support Hotline**

Phone: 1-866-738-4873

[Facebook Messenger](#) M-F 9am-5pm

Email: [relief@monrelief.ca](mailto:relief@monrelief.ca)

[Group Forum](#)

[Support Group](#)

[Website](#)

### **Starling Minds- Covid-19 Mental Health Program**

[Website](#)

Digital MH program to support Covid-19 pandemic;

Ages 16-26

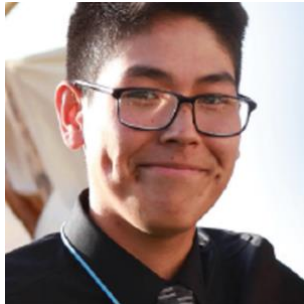
### **Youth Space**

Phone: 778-783-0177

Text: 778-783-0177

[IM](#) 7pm-1am 7 days/week

For ages 30 and under



## Ongoing and In-Person Supports

### **Alberta Health Services-Mental Health Urgent Care**

Phone: 403-912-8500

[Website](#)

Emergency and walk-in mental health assessments/intervention

### **BowWest Community Resource Centre**

Bowness Phone: 403-216-5348

Ranchlands Phone: 403-374-0448

[Website](#)

### **Calgary Counselling Centre**

Phone: 403-265-4980

[Website](#)

### **Calgary Family Services Counselling**

Phone: 402-269-9888

[Website](#)

### **Calgary Family Therapy Centre – Family Counselling**

Phone: 403-802-1680

[Website](#)

### **CCASA – Individual Counselling**

Phone: 403-237-6905

[Website](#)

Crisis intervention and short-term counselling (18 sessions)



### **Cornerstone of Hope**

Phone: 403-289-8555

[Website](#)

Death, divorce, separation or abandonment; 12 week program

### **Distress Centre Walk-in Counselling**

Phone: 403-266-1601

[Website](#)

### **Hospice Calgary – Children's Grief Centre**

Phone: 587-355-2210

[Website](#)

For children/families during an illness or after a death





**Hull Services- Bridging the Gap Residential Mental Health Treatment**  
 Phone: 403-216-0660  
[Website](#)  
 Ages 16-24

**Indigenous Services Canada First Nations and Inuit Health Branch (AB) – Mental Wellness**  
 Phone: 1-780-495-4837  
[Website](#)

**Skipping Stone Counselling** Phone: 587-333-4342  
[Website](#)  
 Counselling for transgender/gender diverse youth and their families

**Miskanawah- Youth Support and Day Crisis Centre**  
 Phone: 403-247-5003  
[Website](#)

**North East Family Connections**  
 Phone: 403-293-0424  
[Website](#)

**Southwest Communities Resource Centre**  
 Phone: 403-238-9222  
[Website](#)

**Wood’s Homes – Eastside Community Mental Health Services**  
 Phone: 1-800-563-6106  
[Website](#)  
 Walk-in service

**YMCA Calgary Counselling**  
 Phone: 403-294-3658  
[Website](#)



## Resources

**Canadian Psychological Association: Student Wellness and COVID-19**  
[Factsheet](#)  
[Website](#)

**Jack.org Youth Mental Health Resource Hub**  
[Website](#)

**Getting Better My Way – Mental Health Support Tool**  
[Website](#)

