

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

[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

[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](#)

