

# Community Support Services

***Distress Centre: 403-266- 4357 (HELP)***

*24/7 crisis and suicide line. Crisis intervention and support to access appropriate services (EMS, CPS or MRT) and /or referrals to other agencies.*

**Wood's Home Community Resource Team 403-299-9699 or 1-800-563-6106**

*24/7 telephone and mobile support service. A team of professionals represents the psychology, social work, marriage and family therapy disciplines and provides service to all individuals and families in the Calgary area.*

**Social Services Response Team – Calgary and Area Child and Family Services 403-297-2995**

*24/7 Child intervention intake line for emergency child welfare and family enhancement services.*

**Kid's Help Phone 1-800-668-6868**

*24/7 support line for children and adolescents. Confidential access to a counselor.*

**Calgary Communities Against Sexual Abuse**

*24/7 crisis/information line: Available to anyone who is dealing with or has been affected by sexual assault or sexual abuse. Services include: Crisis intervention, information, emotional support, problem solving, referral and access to emergency accompaniment to police or hospital.*

***Take a child/adolescent requiring Urgent Mental Health Care to the nearest urgent care site:***

South Calgary Health (has an urgent and walk in mental health services) **403-943-9300**

**Address: 31 Sunpark Plaza SE**

Sheldon M. Chumir Health Centre (this site has an urgent mental health services) **403-955-6200**

**Address: 1213 4th Street SW**

***Or nearest Emergency Department:***

Alberta Children's Hospital Emergency **403-955-7070**

Address: 2888 Shaganappi Trail NW

Foothills Hospital Emergency **403-944-1405**

Address: 1403 29 Street NW

Peter Lougheed Emergency **403-943-4999**

Address: 3500 26th Avenue NE

Rockyview General Hospital **403-943-3449**

Address: 7007 14th Street SW

**Counselling Services (Non-Crisis)**

Access Mental Health **403-943-1500**

Calgary Counselling Centre **403-691-5991**  
Calgary Family Services **403-269-9888**  
Family Therapy Program **403-802-1680**  
HealthLink Alberta **1-866-408-5465**

**Dial 2-1-1 to get connected to the community service that you need. Dial 2-1-1 for help finding any community, social, or government services in Calgary. 2-1-1 is free, confidential, multilingual and available 24 hours a day.**

## **Psychology Support for Counselling and/or Psychological Educational Assessments**

Shannon Mitchell-Flek Counselling and Psychology **403-615-7421**  
[smflek@shaw.ca](mailto:smflek@shaw.ca)  
#221, 222 16th Ave NE

MacDonald Psychology Group **403-229-3455**  
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