



calgarycommunities.com

## Crisis Services

### Dial 2-1-1:

2-1-1 Calgary is a joint initiative between Calgary Distress Centre, City of Calgary (Family and Community Support Services), and United Way of Calgary and Area. There are hundreds of agencies and organizations that are dedicated to helping people in various crises.

**Call: 2-1-1 or 403-264-3388**

**Email: [info@ab.211.ca](mailto:info@ab.211.ca)**

**Website: [www.ab.211.ca](http://www.ab.211.ca)**

### Community Resource Centres

Calgary has 9 regionally-based social services organizations who offer in-person resources, referrals, counselling and support. Community Resource Centres have professionals skilled at working with people facing personal crisis or emergencies, and are experienced with issues related to urgent timelines.

**Call: 2-1-1 and ask for your local Community Resource Centre.**

**Website: [www.fcrc.albertahealthservices.ca](http://www.fcrc.albertahealthservices.ca)**

### Calgary Distress Centre

The Calgary Distress Centre offers many different crisis counselling services:

For 24 hour Support:

**Call: 403-266-HELP (4357)**

**Email: [help@distresscentre.com](mailto:help@distresscentre.com)**

**Website: [www.distresscentre.com](http://www.distresscentre.com)**

### Calgary Counselling Centre

Calgary Counselling Centre helps individuals, couples, parents, families, and youth resolve emotional and social problems.

**Call: 403-691-5991**

**Email: [contactus@calgarycounselling.com](mailto:contactus@calgarycounselling.com)**

**Nexen Call Centre online (24-hour support): <https://onlineintake.calgarycounselling.com>**

**Website: [www.calgarycounselling.com](http://www.calgarycounselling.com)**

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### Alberta Mental Health Help Line

The Alberta Mental Health Help Line provides support for those individuals dealing with an individual, family and/or community crisis.

**Call: 1-877-303-2642**

### Connecteen

ConnecTeen is a confidential peer support service for youth under the age of 24 in Calgary and area. Peer Support is available everyday between 5pm-10pm. Any other time help is available from adults.

**Call: 403-264-TEEN (8336)**

**Text: 587-333-2724**

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

**Website: [www.calgaryconnecteen.com](http://www.calgaryconnecteen.com)**

### Kids Help Phone

Kids Help Phone is a free, anonymous and confidential phone and online professional counselling service for youth.

**Call: 1-800-668-6868**

**Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)**

### Parent Support Association of Calgary

PSA provides self-help support groups, parent education and resources for parents through professionally-guided group programs and services.

**Call: 403-270-1819**

**Email: [helpforparents@psa.calgary.ab.ca](mailto:helpforparents@psa.calgary.ab.ca)**

**Website: [www.psa.calgary.ab.ca](http://www.psa.calgary.ab.ca)**