

Round up of Free and Non-Profit Community Crisis and Counselling Resources

For Crisis and 24 hour Support:

The Distress Centre:

<http://www.distresscentre.com/>

Phone: (403) 266-HELP (4357)

The Distress Centre also provide individual and couple's crisis counselling to eligible clients at no charge, (accessed through the crisis lines).

Public and Non-Profit Resources
No Charge/Sliding Scale Counselling Services:

Access Mental Health: For children and adults, information and referral to be matched with the most appropriate AHS program/service (free with Alberta Health Care coverage):

<http://www.albertahealthservices.ca/info/facility.aspx?id=1002752&service=2381>

Phone: 403-943-1500

Toll Free: 1-844-943-1500

Eastside Family Centre:

http://www.woodshomes.ca/site/PageNavigator/programs/crisis/programs_eastside.html Phone: 403-299-9696

No fee, first come, first served walk-in counselling.

Catholic Family Services:

<http://www.cfs-ab.org/what-we-do/mental-health-wellbeing/affordable-counselling/>

Phone: 403-233-2360

Counselling services available on a pay-what-you can basis.

Calgary Counselling Centre:

<https://calgarycounselling.com>

Phone (403) 691-5991

Counselling services available on a sliding scale basis (by income and dependants and rates vary depending on the level of professional you work with from practicum student to provisional psychologist to Registered Health Professional)

Canadian Mental Health Association:

<https://cmha.calgary.ab.ca>

Phone: (403) 297-1402

Recovery College Calgary: Free Courses

<https://recoverycollegecalgary.ca>

Jewish Family Services

<http://www.jfsc.org/programs--services/counselling.html>

Phone: (403) 287-3510

Addiction Services:

<https://www.calgaryaddiction.com/addiction-services-guide/>

Recovery Support Groups:

AA

Al-anon

Co-da

Family and Relationship Concerns/Abuse Screening and Support

<https://www.calgary.ca/cps/community-programs-and-resources/victims-of-crime/victim-resources-domestic-violence.html>

<http://www.connectnetwork.ca/>

Sexual Abuse Counselling

<https://calgarycasa.com/>

If you have difficulty attending scheduled appointments:

I would recommend contacting Access Mental Health or the Distress Centre (as the Distress Centre also has a partnership program with AHS for the Mobile Response Team which may be able to set up a home/community visit depending on eligibility) or accessing your nearest walk-in counselling service. AHS also has walk-in mental health support services at various locations such as Sheldon Chumir.

Private Resources: Sliding Scale/Reduced Rates

Affordable Therapy Network:

<https://affordabletherapynetwork.com/affordable-counselling-calgary/>

Living Well Counselling Services:

<https://livingwellcounselling.ca/>

PAA Psychological Services Fund:

<https://psychologistsassociation.ab.ca/psychological-services-funds-available/>

Psychoeducational Assessments with U of C clinic:

<https://werklund.ucalgary.ca/centre-for-wellbeing-in-education/assessment/psychoeducational-assessment-services>