

Know Your Addiction & Mental Health Options

CONFUSED

worried

hurt

angry

unsure

SCARED

SAD

uncertain

alone

**Get the care that's right
for you and your family.**

Learn about the many options available to manage your addiction and/or mental health needs.

**If you're not sure where to go,
we're here to help.**

Call: Access Mental Health:
403-943-1500 or 1-844-943-1500

Visit: ahs.ca/options
MyHealth.Alberta.ca, or the AHS app

Family Physicians

Your family physician is often your first point of contact for your health, including your mental health and addiction-related needs. Family physicians may have appointments available for urgent needs or offer after-hours care. Call your physician's office during business hours. During non-business hours call Health Link Alberta (811).

If you are already connected with an addiction or mental health provider, most services will accommodate an urgent appointment.

Walk-In Services

Due to the COVID-19 pandemic response, contact the service to discuss options such as in-person, over the phone, or using secure online options (e.g., Zoom).

Adult Addiction Services (adults)

Phone: 403-367-5000
Address: 3rd Floor, 707–10th Avenue SW Calgary
(limited in-person capacity)
Hours: Weekdays 9:00 am – 8:00 pm
Services: intakes and assessment

Youth Substance Use and Mental Health Services (youth 12 – 19 years)

Phone: 403-297-4664
Address: 1005–17th Street NW Calgary
Hours: Mon, Wed and Fri from 8:30 am – 11:00 am
Phone for evening walk-in hours
Services: intake and assessment

Mental Health Walk-In – South Calgary Health Centre (all ages)

Phone: 403-943-9374
Address: 2nd floor, 31 Sunpark Plaza SE Calgary
Hours: Mon to Thurs 4:00 pm – 7:00 pm, Fri 9:00 am – 12:00 pm
Service: single session therapy

Eastside Community Mental Health Services (all ages)

Phone: 403-299-9699
Phone for intake and appointment booking
Hours: Mon to Sat, visit website for hours
Website: woodshomes.ca/eastside
Service: single session therapy (by appointment)

Information and Crisis Support

Several options are available within Calgary and the surrounding area that provide information, crisis support and/or counselling.

Addiction Help Line (all ages – 24 hour)

Phone: 1-866-332-2322

Mental Health Help Line (all ages – 24 hour)

Phone: 1-877-303-2642

First Nations and Inuit Hope for Wellness Help Line (all ages – 24 hour)

Phone: 1-855-242-3310

Distress Centre (all ages)

Phone: 403-266-HELP (4357) (24 hour)

Chat: distresscentre.com

Hours: Weekdays 3:00 pm – 10:00 pm,
Weekends 12:00 pm – 10:00 pm

Distress Centre ConnectTeen (youth 21 years or less)

Phone: 403-264-TEEN (8336) (24 hour)

Chat/Text: calgaryconnectteen.com • text 587-333-2724

Hours: Weekdays 3:00 pm – 10:00 pm,
Weekends 12:00 pm – 10:00 pm

Services: peer support

Mobile Response Team (all ages)

Phone: 403-266-HELP (4357)

Access through the Distress Centre

Hours: Daily 9:30 am – 9:30 pm

Services: crisis intervention, crisis stabilization, prevention,
urgent psychiatric assessments, and trauma response.

Eastside Community Mental Health Services (all ages)

Phone: 403-299-9699, 1-800-563-6106

Chat/Text: woodshomes.ca • text 587-315-5000

Hours: 8:00 am – 11:00 pm

Service: service navigation, risk assessment,
mobile family support, therapy intake and booking



Addiction & Mental Health Information & Referral

Through telephone consultation, professionals can help you better understand and get connected to the most helpful supports. They are familiar with both Alberta Health Services and community-based programs in the Calgary area for all ages.

Access Mental Health Phone: 403-943-1500 • 1-844-943-1500 / Hours: Mon. – Fri. from 8:00 am – 5:00 pm

Urgent Care

Urgent Care Centres provide access for unexpected, but non-life threatening health concerns. Addiction and mental health services are available at all Urgent Care Centres throughout the Calgary Zone, including rural areas. The following offer specific resources for addiction and mental health crisis intervention.

Sheldon M. Chumir Health Centre (all ages)

Address: 1213—4th Street SW Calgary
Hours: Daily 8:00 am – 10:00 pm

South Calgary Health Centre (all ages)

Address: 31 Sunpark Plaza SE Calgary
Hours: Daily 8:00 am – 10:00 pm

Airdrie Regional Health Centre (all ages)

Address: 604 Main Street S Airdrie
Hours: Weekdays 2:00 pm – 9:00 pm,
Weekends 10:00 am – 5:00 pm

Banff Mineral Springs Hospital (all ages)

Address: 305 Lynx Street Banff
Hours: Daily 2:00 pm – 9:00 pm

Canmore General Hospital (all ages)

Address: 1100 Hospital Place Canmore
Hours: Daily 2:00 pm – 9:00 pm

Cochrane Community Health Centre (all ages)

Address: 60 Grande Boulevard, Cochrane
Hours: Weekdays 12:00 pm – 7:00 pm,
Weekends 10:00 am – 5:00 pm

Emergency Department

If you are experiencing significant addiction and/or mental health problems that you feel require immediate attention, or are at a high risk to harm yourself or others, go to the nearest Emergency Department.

For life-threatening emergencies, please call 911.

For more information

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