

## Adult Services Resource List

Parent Consultation Clinic

*We're here to help*

(ph 403-955-8904; fax 403-955-8780)

<b>Urgent Services</b>	<b>Hours of Operation</b>	<b>Phone Number</b>
Distress Center	open 24 hours/day 7 days/ week	403-266-4357
Mobile Response Team	Central Office – 7 days 9:30 am-9:30 pm North Office – Mon-Fri 9:30 am-9:30 pm South Office - Mon-Fri 9:30 am-9:30 pm	403-266-4357 403-266-4357 403-266-4357
Crisis Resource Team (families)		403-299-9699
Sheldon Chumir Urgent	Mon-Fri 8:00am-10:00pm (1213 4 <sup>th</sup> Street, SW) Sat/Sun/Holidays 8:00am-10:00pm	403-955-6200
South Calgary Health Center:	31 Sunpark Plaza S.E. Urgent Care Service (main level) 7days/week 8:00am-10:00pm Single Session Counseling Mon-Thurs 4:00pm-7:00pm Friday 10:00am-1:00pm Closed Saturday and Sunday	403-943-9300
FMC Emergency Psychiatric Services	1403 29 <sup>th</sup> Street, NW Calgary	403-944-1567
Eastside Family Center	One to one counseling; Legal advice available Suite 255, 495 - 36 Street NE (Northgate Village Mall) Mon-Thurs 11:00 am-7:00 pm, Fri 11:00 am-6:00 pm, Sat 11:00 am-4:00 pm – you must have AHC card	403-299-9696
Families Matter	Offers multiple supports for families including Postpartum supports	403-205-5177
Children's Cottage Society of Calgary	Crisis respite services newborn to age 12	403-233-2273
Mental Health Help Line		1-877-303-2642
Adult Addiction Services	(24 hour help line)	1-866-332-2322
Parenting Support Line	For parents, grandparents and other guardians	403-205-5189

<b>Counseling Services (short-term)</b>	<b>Services Offered</b>	<b>Phone Number</b>
Calgary Counseling Center	Individual/Couples/Family/Group Therapy	403-265-4980
Carya (Calgary Family Services)	Individual/Couples/Family/Group Therapy Several locations throughout Calgary	403-269-9888
Calgary Women's Health Collective	(specializes in anxiety) Mon-Sat	403-265-9590
Catholic Family Services	Individual/Couples/Family/Group Therapy	403-233-2360
Connections Counselling	Support for parents with learning disabilities website: <a href="http://www.connections counselling.ab.ca">http://www.connections counselling.ab.ca</a>	403-209-1100
Genesis Centre of Community Wellness	Health services in Punjabi website: <a href="http://pchs calgary.com">http://pchs calgary.com</a>	587-999-9312
Skipping Stone	Sexuality <a href="https://www.skippingstone.ca">https://www.skippingstone.ca</a>	587-333.4342
Centre for Sexuality	Sexual <a href="https://www.centreforsexuality.ca">https://www.centreforsexuality.ca</a>	403-283-5580

### **Longer Term Mental Health Services**

	<b>Phone Number</b>
Access Mental Health (Adult)	403-943-1500

Online & Other Resources	Web page	Phone Number
Anxiety	<a href="http://www.anxietybc.com">http://www.anxietybc.com</a>	
Anxiety	<a href="http://www.brainsync.com">http://www.brainsync.com</a>	
ADHD	<a href="http://chaddcalgary.ca/">http://chaddcalgary.ca/</a>	
	<a href="http://www.caddra.ca">http://www.caddra.ca</a>	
Depression/Mood Disorders	<a href="https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness.html">https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness.html</a>	
Organizing yourself & your family	<a href="https://www.verywellfamily.com/parenting-4157353">https://www.verywellfamily.com/parenting-4157353</a>	
Children of Parents with Mental Illness	<a href="http://www.copmi.net.au">http://www.copmi.net.au</a>	
Families preventing and overcoming depression	<a href="http://www.Fampod.org">http://www.Fampod.org</a>	
Fact Sheets and Podcasts regarding different mental illnesses	<a href="http://www.Itsallright.org">http://www.Itsallright.org</a>	
Resources on raising children	<a href="https://www.alberta.ca/family-social-caregiver-supports.aspx">https://www.alberta.ca/family-social-caregiver-supports.aspx</a>	
	<a href="http://raisingchildren.net.au">http://raisingchildren.net.au</a>	
Centre for Addiction & Mental Health (Toronto)	<a href="http://www.camh.ca">http://www.camh.ca</a>	
Mental health and other health services	<a href="http://www.albertahealthservices.ca">http://www.albertahealthservices.ca</a>	
The F.O.R.C.E. Society for Kids' Mental Health	<a href="http://www.heretohelp.bc.ca">http://www.heretohelp.bc.ca</a>	
College of Physicians & Surgeons of Alberta (to locate a new family physician)	<a href="http://www.cpsa.ab.ca/Homepage.aspx">http://www.cpsa.ab.ca/Homepage.aspx</a>	1-800-561-3899
Child/Youth Mental Health Toolkits	<a href="http://www.shared-care.ca/toolkits">http://www.shared-care.ca/toolkits</a>	
Parenting & Child Health	<a href="http://www.cyh.com/HealthTopics/HealthTopicCategories.aspx?p=122">http://www.cyh.com/HealthTopics/HealthTopicCategories.aspx?p=122</a>	
Community Education Service (CES) <i>provides parents/caregivers and other community members with opportunities to access free, evidence-informed education sessions and resource materials to address child, youth, and family health and mental health needs</i>	<a href="http://fcrc.albertahealthservices.ca/ces.php">http://fcrc.albertahealthservices.ca/ces.php</a>	403-955-7420