



Family Resource Guide

Mental Health and Crisis Counselling Services

Distress Centre

phone | 403-266-4357 | 24-hour crisis line

Provides professional counseling, information on community, social, and health services. In-person counselling is available.

Kids Help Phone

phone | 1-800-668-6868

text | 686868

Kids can call or text volunteer crisis workers.

Mental Health Help Line

phone | 1-877-303-2642 | 24-hour Crisis Line

Provides support: crisis intervention, information about mental health programs and services, and referrals to other agencies if needed.

Mobile Response Team (AHS)

403-266-1605 | Distress Centre Hotline for referral

Outreach team of nurses, social workers and psychologists are available to the public to assist during times of crisis or distress.

The Summit – Alberta Health Services

Marian & Jim Sinneave Centre for Youth Resilience

phone | 587-534-7200

website | <https://www.albertahealthservices.ca/summit/summit.aspx>

The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral. 1015 - 17 Street NW, Calgary

Wood's Homes

website | <https://www.woodshomes.ca/our-services/>

phone | 1-800-536-6106 | 24-hour Crisis Line

phone | 403-299-9699 | Community Resource Team

text | 587-315-5000

chat | <https://www.woodshomes.ca/#chatnow> Modal Live link

phone | 403-299-9696 | Eastside Family Centre (Northgate Village Mall, #255, 495 36 Street NE)

learning | **as unique** | as every student

phone | 403-510-7468 | Inglewood Opportunity Hub

No charge, walk-in counselling for families, couples and individuals. Focused counselling or e-therapy (via email). Referrals to Psychiatry and other Wood's Programs. Inglewood Opportunity Hub provides no cost counselling supports, housing supports and employment for multi-barriered youth.

Food Supports

Many community agencies and local faith-based groups will offer food hamper programs.

Alex Community Food Centre

phone | 403-455-5792

email | goodfood@thealex.ca

Offers food access, food skills, and education and engagement programs to low-income community members.

Calgary Food Bank

phone | 403-253-2059

hamper request line email | info@calgaryfoodbank.com

hamper request email phone | 302-640-8810

Online account can be created to request hampers. Can self-refer or agencies can make referrals

Community Kitchen Program of Calgary

phone | 403-275-0258

Programs available: Calgary's Cooking (individual cooking and meal plan), Good Food Box (fresh fruits and vegetables at a low cost), Souper Stars (kids cooking program in partnership with schools), Tummy Tamers (hot lunches at the City's Park n' Play locations), Spinz-a-Round (agencies can pick up food for families) and Welcome Home (referral hamper service).

Food Resources

phone | 211 (call or text)

For hamper and free meal information (halal, kosher, also available through specific organizations)

Salvation Army Community Support Services

phone | 403-220-0423

email | cssinfo@salvationarmycalgary.org

Provides emergency food hampers, diapers and baby formula