

Resources for you

Mental Health or Addictions

If your family is experiencing **Mental Health or Addiction Concerns**, here are some resources that may be able to help.

Resource	Contact Info	Details	How to Get Help
Canadian Mental Health Association	403-297-1700 info@cmha.calgary.ab.ca www.cmha.calgary.ab.ca	Supports individuals and families with mental health or addictions concerns	Call or e-mail.
Alberta Health Services: Access Mental Health	403-943-1500	Offers mental health and addictions support	Call Mon to Fri from 8am to 5pm.
Distress Centre	403-266-HELP (4357)	If you are experiencing a crisis and you need someone to talk to.	Call 24/7.
Sheldon M. Chumir: Mental Health Urgent Care	403-955-6200 1213 4 Street SW	If you are experiencing a mental health crisis.	Walk-in at Sheldon Chumir.
Adult Addiction Services Calgary	403-297-3071 24/7: 1-866-332-2322 200, 1177 11 Ave SE	Counselling for individuals and families with alcohol, drug, tobacco and/or gambling problems. Treatment for anyone over 18.	Call or walk-in starting at 12:30 p.m daily, Mon to Fri.

