Addiction and mental health concerns are common. If you’re having problems with an addiction or your mental health, you are not alone. One in five Canadian adults will need support for an addiction or a mental health concern during their lifetime. Many mental health problems begin in childhood.

Mental health is important to your overall health and you may benefit from professional help when things don’t feel right.

The following services and resources can help you find the support you need.

**Family physician**

Your family physician is often your first point of contact for 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 at 811.

**Single session therapy**

Call to make a same-day appointment and to discuss your session options such as in-person, over the phone, or secure online connections, such as Zoom.

**Eastside Community Mental Health Services**

Walk in at #255, 495–36 Street NE, Calgary 403-299-9699 or 1-800-563-6106 woodshomes.ca/eastside for hours

**South Calgary Health Centre**

2nd floor, 31 Sunpark Plaza SE, Calgary 403-943-9374

Mon to Thurs 4:00 p.m. – 7:00 p.m., Fri 9:00 a.m. – 12:00 p.m.

OR Walk-in only

1st floor (Urgent Care) 31 Sunpark Plaza SE, Calgary 7 days a week 12:00 p.m. – 7:00 p.m.
Urgent care centres
Addiction and mental health services are offered in the following urgent care centres during the hours noted below.

**Airdrie Regional Health Centre**
- 604 Main Street S, Airdrie
- Mon to Fri 2:00 p.m. – 9:00 p.m., Sat & Sun 10:00 a.m. – 5:00 p.m.

**Banff Mineral Springs Hospital**
- 305 Lynx Street, Banff
- Daily 2:00 p.m. – 9:00 p.m.

**Canmore General Hospital**
- 1100 Hospital Place, Canmore
- Daily 2:00 p.m. – 9:00 p.m.

**Cochrane Community Health Centre**
- 60 Grande Boulevard, Cochrane
- Mon to Fri 12:00 p.m. – 7:00 p.m., Sat & Sun 10:00 a.m. – 5:00 p.m.

**Sheldon M. Chumir Health Centre**
- 1213–4th Street SW, Calgary
- Daily 24 hours a day

**South Calgary Health Centre**
- 31 Sunpark Plaza SE, Calgary
- Daily 12:00 p.m. – 7:00 p.m.

**Okotoks Health and Wellness Centre**
- 11 Cimarron Common, Okotoks
- Daily 10:00 a.m. – 6:00 p.m.

Crisis support
If you or someone you know is having a mental health crisis such as thoughts of self-harm, harming others, suicide, or significant emotional distress, reach out for help from:

**Distress Centre**
- 403-266-HELP (4357)
- Daily 24 hours a day
- distresscentre.com

**Distress Centre ConnecTeen** (21 years or less)
- 403-264-TEEN (8336)
- Daily 24 hours a day
- calgaryconnecteen.com

**Eastside Community Mental Health Services**
- 403-299-9699 or 1-800-563-6106
- Daily 8:00 a.m. to 11:00 p.m.
- woodshomes.ca/eastside for details

Addiction services

**Adult Addiction Services** (18+ years)
- 3rd Floor, 707–10th Avenue SW, Calgary
- Walk in Mon to Fri 9:00 a.m.– 3:00 p.m.
- Virtual appointment 403-367-5000
- Mon to Thur 9:00 a.m. – 8:00 p.m., Fri 9:00 a.m. – 3:00 p.m.

**Youth Substance Use and Mental Health Services** (12-19 years)
- 403-297-4664 / Call for same day or next day call-back
- Mon to Fri from 8:15 a.m. – 4:30 p.m.

Information and help lines

**Access Mental Health**
- 403-943-1500 or 1-844-943-1500
- Mon to Fri 8:00 a.m. to 5:00 p.m.
- ahs.ca/accessmh

**Addiction Help Line (24/7)**
- 1-866-332-2322

**Mental Health Help Line (24/7)**
- 1-877-303-2642

**Indigenous Hope for Wellness Help Line (24/7)**
- 1-855-242-3310
- hopeforwellness.ca

Emergency support
If you are in immediate danger or need urgent medical support, call 911.

If you are having serious addiction and/or mental health problems and feel you need attention right away or might harm yourself or others, go to your nearest emergency department.

December 2022