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.

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.
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.

Child and Youth: The Summit: Marian & Jim Sinneave Centre for Youth Resilience (18 years or under)
Owerko Family Walk-in Services
587-534-7200
1015-17 St NW, Calgary
Daily: 10:00 a.m.–10:00 p.m.

ahs.ca/thesummit

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 Avenue SW, Calgary
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.

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.

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)
403-266-4357
Daily 24 hours a day
distresscentre.com

Distress Centre ConnecTeen
(21 years or under)
403-264-TEEN (8336)
587-333-2724
Daily 24 hours a day
calgaryconnecteen.com

Eastside Community Mental Health Services
403-299-9699 or 1-800-563-6106
587-315-5000
Daily 8:00 a.m. to 11:00 p.m.
woodshomes.ca/eastside for details

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

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.