



INFINITY
PEDIATRICS

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MENTAL HEALTH RESOURCES

FREE SERVICES

Counselling

- Access Mental Health – 403 943 1500
- Eastside Family Centre – 403 299 9699
- South Calgary Health Centre – 403 943 9383
- Calgary Family Therapy Centre (kids/teens only) – 403 802 1680
- Calgary Communities against Sexual Assault (ages 12 and up) - 403 237 6905
- Calgary and Area Child Advocacy Centre (services for minors that are abuse victims or perpetrators) – 403 428 5375
- Community Connect YYC <https://www.communityconnectyyc.ca/>
- The Summit (ages 7-17 only) Walk in Services 587-534-7200
<https://www.albertahealthservices.ca/summit/summit.aspx>

Parenting Support

- Call Access Mental Health for parenting support programs
403-943-1500
- Community Education Services – 403 955 7420 or
<http://fcrc.albertahealthservices.ca>
- Find a Triple P Parenting program- www.triplep-parenting.ca
- Families Matter – <https://familiesmatter.ca/>
- Trellis Society – <https://www.growwithtrellis.ca/>
- Family Resource Networks
<https://www.alberta.ca/family-resource-networks.aspx>

SLIDING SCALE COUNSELLING RESOURCES

- Calgary Counselling Centre – 403 265 4980
- CARYA (child/teen/family only) – 403 269 9888
- Catholic Family Services – 403 233 2360
- Hospice Calgary (grief only) – 403 263 4525

PRIVATE COUNSELLING SERVICES (FULL PRICE/PRIVATE BENEFITS)

- www.psychologytoday.com/ca
 - Find a therapist- Calgary- choose Child/Adolescent



CRISIS RESOURCES

- Distress Centre Calgary 24 Hour Crisis Line – 403 266 HELP (4357)
- Kids Help Phone – 800 668 6868
- Calgary Connecteen – <https://calgaryconnecteen.com/>

Call (24/7) – 403 264 8336

Text (daily) – 587 333 2724

- Community Resource Team – 403 299 9699
- Access Mental Health – 403 943 1500
- The Summit (above)
- Urgent Emergency Department Psychiatric assessments at:
 - Alberta Children's Hospital
 - Foothills Hospital
 - South Health Campus
 - South Calgary Urgent Care
 - Sheldon Chumir