



Calgary Board of Education

Counselling Supports in Calgary

Indigenous Counselors

Kerrie Moore-Cree/Metis Elder and Psychotherapist- 403-202-6633

- Kerrie is a Metis-Cree Elder and Psychotherapist who can provide Indigenous people with telephone counselling/ spiritual support.
- Kerrie co-facilitates a 6 week “Women’s Intergenerational Trauma Teaching and Healing Circle” with Marsha Hanson, through the organization Closer to Home. Each circle incorporates Cultural teachings, exploring our own stories, and Ceremony

Randi Sager (Lakota/ Nêhiyaw) Indigenous Counsellor, Mustard Seed 587-393-4020

- Culturally sensitive case management and support services to Indigenous clients experiencing poverty, homelessness, addiction, mental illness and other challenges.
- Provides telephone counselling to Indigenous People, currently not supporting children.

Indigenous Mental Health Care @ Sheldon Chumir Health Centre – 403-955-6645

- Offers long term Mental health counselling, with a focus on trauma therapy.

Elders

Aboriginal Friendship Centre-403-710-9725

- Elders are available to provide support over the phone.

AwoTaan- 403-531-1880 ext.100

- Doreen Jacobs and Jackie Bromley are available to offer spiritual support.

Miskanawah- 403-247-5003

- Virtual support with Elders, Pipe Ceremonies and Sweat Lodge Ceremonies. Please check out Miskanawah’s Facebook page for in person Elder support.

Elbow River Healing Lodge-403-955-6600

- On site Traditional Wellness Counsellor (Elder) by appointment.

Native Network Family Resource Centre- 403-240-4642

- On-site Elders and traditional parenting with Elders. Call to make an appointment.



Calgary Board of Education

Counselling Supports in Calgary

Non-Indigenous Counselling Services

Access Mental Health- 403-955-6200

- Inner- city health care center including 24-hour emergency, urgent care, community health and mental health access. Information and referral options for addiction and mental health resources and services.

Community Connect YYC-Rapid Access Counselling-403-233.2360

- A collaborative of Calgary agencies committed to eliminating barriers to access and lengthy wait times in connecting to much-needed social services. Offers timely and affordable counselling. www.communityconnectyyc.ca. Rapid Access Counselling to connect with intake team during office hours to book a counselling session.

Canadian Mental Health Association

- Mental Health phone support is available from 8:30-4 PM via phone -**403-297- 1402**
- Suicide loss phone support. -**403-297-1744**

Calgary Communities against Sexual Abuse (CCASA)- 403- 237-6905

- Offers free crisis intervention and specialized counselling for individuals impacted by any form of sexual violence including sexual abuse, sexual assault and harassment.
- Also offers support line to anyone who is dealing with or has been affected by any form of sexual violence. This service is extended to friends, family, and support people of the survivor- **403-237-5888**

Calgary Counselling Centre -403-691-5991

- Counselling sessions will take place over the phone or online
- Request for counselling over the phone from Monday to Friday 9-4 pm or online: <https://onlineintake.calgarycounselling.com/> Fees on a sliding scale

Carya- 403-205-5244

- Offering virtual counselling supports to children, youth, adults and families.
- Call Intake line. Fees on a sliding scale.

Distress Centre Counselling- 403-266-4357

- Free and confidential. Assisting with stabilizing people when they are in crisis.
- www.distresscentre.com



Calgary Board of Education

Counselling Supports in Calgary

Eastside Family Counselling Services-403-299-9699

- Offering single sessions or on-going Virtual Therapy Sessions (up to 6 sessions, phone or video) for families, couples and individuals. Also offering E-therapy (email) etherapy@woodshome.ca

Insight Counselling & Therapy Centre-403-210-0334

- Provides affordable, low cost psychotherapy and counselling services.
- Individual and Couples counselling.

YWCA Sherrif King Family Support Centre-403-536-2844

- Individual, family and group counseling on sliding fee scale. Call for intake

Wood's Homes MOBILE FAMILY CRISIS SUPPORT-403-299-9699

- Counsellors provide supports to families in crisis and are focused on supporting families experiencing parent-child or parent-youth conflict, and/or concerns about a child or youth's mental health.
- **Extended Services are also available** – families can access mobile family crisis support with the same counsellor for up to six sessions.



Calgary Board of Education

Counselling Supports in Calgary

Help Lines

Adults

- **Hope for Wellness for Indigenous People 1-855-242-3310 (Youth and Adults)**-It is available 24 hours a day, 7 days a week for: counselling and crisis intervention. Call the toll-free Help Line connect to the online chat at hopeforwellness.ca.
- **National Indigenous Residential School Crisis Line: 1-866-925-4419**
- **Missing and Murdered Indigenous Women's and Girl's Support Line: 1-844-413-6649**
- **White Feather Indigenous Mental Health Covid Line: (403) 998-9184**
- **Native Women's Association of Canada. Elder Roberta Oshkawbewisens 888.664.7808**
- **Talk 4 Healing 1-855-242-3310 24/7** culturally sensitive counseling, advice and support to Indigenous women.
- **Awo Taan- Talk/Text (403) 860-3654 or (403) 875-4512**
- **Distress Centre - 403-266-4357** If someone is struggling with the situation and needs support, they can contact us by phone 24/7 at or by online chat available at distresscentre.com
- **Distress Centre- Suicide Prevention Line 1-800-784-2433- 24 hr.** Phone support
- **Elbow River Healing Lodge Mental Health Helpline: 1-877-303-2642**
- **Alberta Health Services Mobile Response Team: 403-266-4357** Traumatic event response team.
- **YWCA 24/7 crisis line for victims of domestic abuse. 403-266-0707**
- **Awo Taan Healing Lodge: 24/7 Helpline for women fleeing domestic violence and all forms of abuse. 403-531-1972**
- **Calgary Communities For Sexual Abuse: 1-877-237-5888**
- **Tsuu'Tina Isolation Support Line: 403-258-4828- Monday-Friday 9am-4pm**
- **Siksika Nation COVID 19 Mental Health Support: 403-734-5660**
- **Stony Nakoda Nation: Emergency Management Information line - 1-833-881-3499**

Youth

- **ConnectTeen: 403-264-8336 /Text : 587-333-2724 24hrs/7days**
- **Kids Help Phone: Phone or text. Call [1-800-668-6868](https://18006686868.ca). Text [686868](https://686868.ca)**
- **Bullying Helpline:1-888-456-2323**
- **Hope for Wellness for Indigenous People 1-855-242-3310 (Youth)**



Calgary Board of Education

Counselling Supports in Calgary

Addictions Counseling

AA- Twelve Step Program for Alcoholics-403-777-1212

- www.area78.org to look at upcoming meetings

Al-Anon

- A self-help recovery program for people whose lives may have been affected by someone else's addiction. <https://al-anon.ab.ca/>

Alateen

- Group for youth 13-19 whose lives are affected by someone's addiction.
- <https://al-anon.ab.ca/alateen/>

Alberta Health Services – Youth Addictions Services- 403-297-4664

- individual and family counselling
- addiction screening, assessment and treatment
- referral services
- www.albertahealthservices.ca/info/facility.aspx?id=6

Alberta Health Services- Adult Addictions-403-367-5000

- Offers short-term, outpatient counselling; educational, skill, and support group programs and a four-week, intensive day treatment program for those committed to abstinence
- Referral services to treatment programs

Alberta Health Services help line Addiction Centre Network 1-866-332-2322

- Alcohol, drug, gambling and tobacco addiction information and referral services.
- Toll free, 24 hour: <https://www.albertahealthservices.ca/info/service.aspx?id=1008399>

Calgary Alpha House Society Detox Centre- 403-234-7388

- 24-hour phone line
- <http://alphahousecalgary.com/>

Sunrise Healing Lodge- 403-261-7921

- Indigenous based programming offering Inpatient Treatment, Family Counselling and Outpatient Treatment. <http://nass.ca/>

Wellbriety meetings- Alpha House. 403.234.7388 Call for meeting times.