

- <https://cmha.calgary.ab.ca/> CMHA (Canadian Mental Health Association) Calgary builds awareness and provides education and support for individuals and families living with a mental health or substance use concern, and a loss by suicide.
- <https://youthsmart.ca/> CMHA Calgary's YouthSMART (Youth Supporting Mental Health and Resiliency Together) integrates collaborative, youth-initiated mental health learning opportunities in local junior and senior high schools.
 - YouthSMART knows that students are incredibly influential amongst their peers, within their schools, families, and communities. As such, YouthSMART approaches youth as valuable peer contributors actively involved in the programming and opportunities that directly impact their wellness, and works with youth leaders to transform the culture of their school surrounding mental health.
- <https://www.albertafamilywellness.org/> The Alberta Family Wellness Initiative (AFWI) facilitates research and shares knowledge about the science of brain development to support positive lifelong health outcomes for everyone.
- [access mental health Calgary](#) Provides connections to helplines & services. Has a mobile app.
- [Teen Mental Health. org](#) , <https://mentalhealthliteracy.org/> Our team is committed to creating and delivering the highest quality mental health literacy information, research, education and resources. Our materials are provided in a variety of mediums that include videos, animations, brochures, e-books, face-to-face training programs, and online training programs. Our materials are specifically designed to meet the needs of children, youth, young adults, families, educators, community agencies and health care providers.
- <https://www.thealex.ca/> The Alex: If you are looking for support with your physical or mental health, addiction, food security, or housing stability, find out how you can become part of the Alex family. **The Alex Youth Health Centre's ACCESS Open Minds program** is available for youth aged 12-24

seeking addiction and mental health supports. As part of our Youth Health Centre, our AOM program upholds the principles of non-judgment, compassion, and confidentiality. We guide youth in the process of reclaiming their lives, working through challenges, and cultivating healthy and successful futures.

- <https://calgarycounselling.com/> - funded by fees scaled to the income of clients, generous community agencies and donors, occasional government grants, and partnerships which support specific projects.
- [Eastside Community Mental Health Services](#) Free, walk-in counselling services in NE Calgary; provided by Wood's Homes. Wood's Homes is a children's mental health centre that provides treatment and support to children, youth, and families with mental health needs.
- <https://calgaryconnectteen.com/> Calgary Connect Teen: **ConnectTeen** is a confidential peer support service for youth in Calgary and area. We are a program of [Distress Centre](#). Being a teen can be tough. You have more independence, responsibility, and stress as a teenager, and you probably have more questions too. We know there are some things you can't talk to an adult about and there's probably a lot of things your friends don't get about you. We can connect you with a peer who understands your unique situation and can help talk you through your issues. We don't judge. We are here to listen. Our service is [confidential](#) so no one needs to know you contacted us. **If you ever have a question, a problem or just need someone to talk to, give us a call, drop us an email, send us a text or chat with us online.**
- **CRT (Community Resource Team) website:**
<https://www.woodshomes.ca/programs/community-resource-team/> ;
contact numbers and website addresses for the CRT:
 - Phone: 403-266-1234 or 1-800-563-6106
 - Text: 587-315-5000
 - Support: crtsupport@woodshomes.ca – email and someone will call you
 - Online e-Therapy: counselling@woodshomes.ca

- **Kids Help Phone:** 1-800-668-6868
- **Distress Centre: 24 hour Crisis Line** - 403-266-4357
- **Suicide Prevention Line:** 1-800-784-2433
- **Child Abuse Hotline:** 1-800-387-5437 or call 911