



## **Helpful Services and Supports**

### ***Help is a Phone Call Away:***

#### **Distress Centre**

Free 24 hour confidential telephone crisis support.

403-266-4357 (HELP)

[www.distresscentre.com](http://www.distresscentre.com)

#### **Community Resource Team Crisis Line (Wood's Home)**

403-299-9699

1-800-563-6006

587-315-5000 (text, open from 9am-10pm)

[www.woodshomes.ca](http://www.woodshomes.ca) (access web page for online chat)

#### **ConnecTeen line**

403-264-8336 (TEEN)

587-333-2724 (text only)

### ***Free Community Counseling Supports:***

#### **The Alex Youth Health Centre**

Services that address a young person's social/emotional and physical health.

116 Centre Street N.E.

403-520-6270

[www.thealex.ca](http://www.thealex.ca)

#### **Eastside Family Services (walk-ins)**

255, 495 36<sup>th</sup> St. N.E. (Northgate Village Mall)

Free walk in counseling for individuals and families.

403-299-9696

[www.woodshomes.ca](http://www.woodshomes.ca)

#### **Hospice Calgary (grief counseling)**

1245 70<sup>th</sup> Ave S.E.

Grief counseling support for children, teens and families.

403-263-4525

[www.hospicecalgary.com](http://www.hospicecalgary.com)