

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.

Addiction and mental health services in the Calgary area

Know your options for finding help

We're here for you






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 Street SW, Calgary
-  Daily 24 hours a day

South Calgary Health Centre

-  31 Sunpark Plaza SE, Calgary
-  Daily 12:00 p.m. – 7:00 p.m.





Okotoks Health and Wellness Centre

-  11 Cimarron Common, Okotoks
-  Daily 10:00 a.m. – 6:00 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

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.