

IF UNSURE OF WHO TO CONTACT, ALWAYS DIAL 2-1-1 FOR 24-HOUR ASSISTANCE

SUICIDE/CRISIS

Who to CALL for help:

- Distress Centre **403-266-4357** (24/7)
- Dial **2-1-1** (24/7) [*Connects to a social services expert - ask about options for “mental health”*]

Where to GO for help:

- Sheldon M. Chumir Health Centre
1213 4 St SW, Calgary, AB T2R 0X7
Phone: **403.955.6200** [*Urgent Mental Health*]
- Mobile Response Team – able to connect with patients over the phone or in person.
Update: community visits are done as a last resort due to COVID-19. Phone and virtual meetings are available.
Phone: *self-refer through Distress Centre* **403-266-4357**

DOMESTIC VIOLENCE

Who to CALL for help:

- Connect Family & Sexual Abuse Network **1-877-237-5888** (24/7)
- Family Violence Helpline **1-866-606-7233** (24/7)

Where to GO for Help (*shelters remain open during the COVID-19 pandemic*):

- Sheriff King Women’s Shelter [*YWCA of Calgary*]
320-5 Avenue SE T2G OE5
Phone: **403.263.1550**
Crisis Line: **403.266.0707** (24/7)
- Wheatland Shelter [*Men’s Shelter in Strathmore, AB*]
Box 2162, Strathmore, AB T1P 1K2 [*Call for exact address*]
Phone: **1-877-934-6634** (24/7)

ADDICTIONS

Who to CALL for help:

- AHS Addictions Help Line **1-866-332-2322** (24/7)
- Access Mental Health **403-943-1500** (Mon–Fri / 8AM–5PM)

Where to GO for help:

- Renfrew Detox Centre (*open*)
1611 Remington Road NE T2E 5K6
Phone: **403-297-3337** (24/7)

BASIC NEEDS

Who to CALL for help:

- Dial **2-1-1** (24/7) [*Connects to a social services expert - ask about options for “basic needs”*]

Where to GO for help (*shelters remain open during COVID-19 pandemic*):

- The Calgary Drop-In Centre
1 Dermot Baldwin Way SE T2G 0P8 Phone: **403-266-3600**
Update:
 - Will only serve clients who have not tested positive for COVID-19 or show associated symptoms.
 - Drop-in and meal services limited to those using emergency shelter only.

- Opened a satellite shelter at Telus Convention Centre. It is not a drop-in shelter and is only for those assigned there.
- The Mustard Seed
7025 44 St SE T2C 4E8 Phone: **403-723-9422**
Update:
 - Opened a second shelter. To access either shelter it is first come first served starting at 4:00 PM at Foothills shelter location (7025 44 St SE)
 - Isolation unit available (8-9 beds) by referral for those awaiting COVID-19 test results. Please contact shelter for details.

Your Health, Your Team, Your Community