

Emergency Resource Guide

Options for immediate help in Calgary

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

Suicide/Crisis

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”]

GO for help:

- Sheldon M. Chumir Health Centre Urgent Mental Health Walk in (24 hours)
1213 4 St SW
- Mobile Response Team – self-refer through Distress Centre **403-266-4357**

Domestic Violence

CALL for help:

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

GO for help:

- YW Women’s Crisis Shelter
2003 16th Street SE
24-hour crisis line: **403-266-0707**
- Calgary Women's Emergency Shelter. To access the shelter call the 24-hour helpline: **403-234-7233 (SAFE)**

Addictions

CALL for help:

- Alberta Health Services Addictions Help Line **1-866-332-2322** (24/7)
- Access Mental Health **403-943-1500** (Mon–Fri / 8 a.m. – 5 p.m.)

GO for help:

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

Basic Needs

CALL for help:

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

GO for help

- The Calgary Drop-In Centre
1 Dermot Baldwin Way SE
Phone: **403-266-3600**
Drop-in and meal services for those using emergency shelter only.
- The Mustard Seed
7025 44 St SE
Phone: **403-723-9422**