



**Student Wellness Services**  
Phone: 403.210.9355  
370, MacEwan Student Centre  
2500 University Drive N.W.  
Calgary, AB T2N 1N4

## Off Campus Supports

This document contains off campus supports. If you're looking for a complete listing of community social services agencies, call 2-1-1, available in over 150 languages.

### Addictions:

[Adult Addiction Services](#)

Phone: 403-297-3071

[Alberta Quits Helpline](#)

Phone: 1-866-710-7848 (QUIT)

[Aventa Addiction Treatment for Women](#)

Phone: 403-245-9050

[Food Addicts in Recovery Anonymous](#)

### Counselling Services:

[AWO TAAN HealingLodge](#)

Phone: 403-531-1970 ext. 200

[Calgary Counselling Centre](#)

Phone: 403-691-5991

[Carya](#)

Phone: 403-205-5244

[Catholic Family Services](#)

Phone: 403-233-2360

[Eastside Family Centre](#) (free walk-in counselling from Wood's Homes)

Phone: 403- 299-9699

[Hull Child and Family Services](#)

Phone: 403-589-1865

[Jewish Family Services](#)

Phone: 403-287-3510

### Crisis Support:

[AWO TAAN HealingLodge](#)

Phone: 403-531-1972

[Calgary Communities Against Sexual Abuse](#)

24-hour support line: 403-237-5888

[Distress Centre](#)

24-hour crisis line or crisis chat: 403-266-4357 (HELP)

[Wood's Homes](#)

24-hour crisis line or crisis chat: 403-269-9699

### Family Resources:

[Canadian Mental Health Association, Calgary region](#)

Phone: 403-297-1700

[Carya](#)

Phone: 403-205-5244

[Catholic Family Services](#)

Phone: 403-233-2360

[Eastside Family Centre](#) (free walk-in counselling from Wood's Homes)

Phone: 403-299-9699

[Family Violence Information Line](#)

Phone: 403-310-1818

[Hull Child and Family Services](#)

Phone: 403-589-1865

[Jewish Family Services](#)

Phone: 403-287-3510

**Indigenous Services:**

[Indigenous Mental Health Program](#)

Phone: 403-955-6645

[AWO TAAN Healing Lodge](#)

Phone: 403-531-1970

**Temporary Financial Assistance:**

[Alberta Works](#)

[Canadian Red Cross, Calgary](#)

Phone: 403-541-6119 (for assistance with rent and damage deposit)

[Distress Centre](#)

Phone: 403-266-4357 (HELP)

**Food Security:**

[Alberta Food Bank Network Association](#)

Phone: 1-866-251-2326

[Calgary Inter-Faith Food Bank](#)

Phone: 403-253-2059

**Helplines:**

**Access Mental Health**

Alberta Health Services professionals refer and connect individuals to mental health support or crisis intervention.

Phone: 403-943-1500

**Addiction Helpline**

Addictions counselling.

Phone: 1-800-332-2322

**Alberta Mental Health Helpline**

24/7 crisis intervention and mental health program and service information.

Phone: 1-877-303-2642

**Alberta Quits Helpline**

Free smoking cessation helpline in 180 languages, available from 8 a.m. to 8 p.m. They conduct at least 5 follow-up calls for further support

Phone: 1-866-710-7848 (QUIT)

**Bullying Helpline**

Helpline to help those struggling with bullying. Provided by the Government of Alberta, in 170 languages.

Phone: 1-888-456-2323

**Calgary Communities Against Sexual Abuse**

Support for survivors of sexual assault or abuse.

Phone: 403-237-5888

**Calgary Women's Emergency Shelter**

Programs to help women, children and youth build lives free of abuse

24-hour Helpline: 403-234-7233 (SAFE)

**Community Resource Team, Mobile Response Unit (Woods Homes)**

Provides support to anyone experiencing a crisis.

Phone: 403-299-9699

**ConnecTeen**

A Distress Centre peer support service for teens to talk through their problems, available from 5 to 10 p.m. daily.

Phone: 403-264-8336 (TEEN)

**Distress Centre Crisis Line**

Distress support and counselling.

Phone: 403-266-4357 (HELP)

**Family Violence Information Line**

Provincial 24/7 helpline: 403-310-1818

**Health Link**

Health advice and information

8.1.1

**Kids Help Phone**

24/7 toll free confidential and anonymous phone and online counselling, referral and information for youth up to 20 years old.

Phone: 1-800-688-6868

**Out is OK Line**

24/7 crisis counselling and peer support for the LGBT community

Phone: 1-877-4765 (1-877-OUT-IS-OK)

## **Suicide Prevention Line**

Connects callers to the nearest distress centre  
1-800-784-2433 (1-800-SUICIDE)

## **Woods Home 24/7 Crisis Line (Community Resource Team)**

Distress support and counselling  
Phone: 403-299-9699

## **Hospitals:**

Get a [full listing of Calgary and area hospitals](#).

### [Foothills Medical Centre](#)

Closest hospital to UCalgary  
Phone: 403-944-1110

### [Sheldon M. Chumir 24-hour Urgent Care Centre](#)

Phone: 403-955-6200

### [South Calgary HealthCentre](#)

Phone: 403-943-9300

## **Housing:**

### [Calgary Housing Company](#)

Phone: 587-390-1200

### [Canadian Red Cross, Calgary](#)

Phone: 403-541-6119

### [Emergency Shelters](#)

### [Norfolk Housing](#)

Phone: 403-270-3062

## **LGBTQIA+ Resources:**

### [Alberta Civil Liberties Research Centre](#)

Phone: 403-220-2505

Out is OKLine

Phone: 1-877-4765 (1-877-OUT-IS-OK)

### [Youthsafe](#)

## **Mental Health Support:**

### [Access Mental Health](#)

Phone: 403-943-1500

### [Indigenous Mental Health Program](#)

Phone: 403-955-6645

Alberta Mental Health Helpline

Phone: 1-877-303-2642

### [Canadian Mental Health Association, Calgary region](#)

Phone: 403-297-1700

### [The Organization for Bipolar Affective Disorder](#)

Phone: 403-263-7408

### [Schizophrenia Society of Alberta](#)

Phone: 403-264-5161 ext. 34

[Sheldon M. Chumir 24-hour Urgent Care Centre](#)

Phone: 403-955-6200

[South Calgary HealthCentre](#)

Phone: 403-943-9300

**Settlement Agencies:**

[CalgaryCatholicImmigrationSociety](#)

Phone: 403-262-2006

[Immigrant Services Calgary](#)

Phone: 403-265-1120

**Sexual Health:**

[Centre for Sexuality](#)

Phone: 403-283-5580

**Sexual Violence:**

[Calgary Communities Against Sexual Abuse](#)

Phone: 403-237-6905

**Women's Resources:**

[Aventa Addiction Treatment for Women](#)

Phone: 403-245-9050