

Distress Centre Calgary - Crisis Line

help@distresscentre.com

(403) 266-4357

<https://www.distresscentre.com/>

The Distress Centre provides crisis intervention via phone call, text, and email. The phone line is open 24 hours/day. The service is free to anyone.

- Direct links to mobile crisis teams when appropriate (Mobile Response Team (AHS), Community Resource Team (Wood's Homes), Social Services Response Team (Child and Family Services Authority)).
- Online crisis chat is available from 3-10pm on weekdays and from noon-10pm on weekends.
- Hours of operation:
 - 24/7 services NOT including Counseling. Counseling requires intake.

Distress Centre Calgary - Short-Term Crisis Counseling

Short term (6-10 session), free crisis counseling for individuals, couples, and families dealing with relationship issues, financial problems, emotional health, abuse/violence, depression, anxiety, substance abuse and other topics.

- To access this service:
 - Call: **(403) 266-4357** or go online to fill out an intake form:
<https://www.distresscentre.com/need-help/counseling/>
 - Walk-in Monday – Thursday 1:00pm-4:00pm ONLY (up to hour wait time).