

Youth Services

Sexual Violence Services

Alberta One-Line

1-866-403-8000

Alberta Violence Services
<https://aasas.ca/get-support/>
9 am - 9 pm daily

Calgary Communities Against Sexual Abuse

403-237-5888

Support and Information Line
<https://calgarycasa.com/>
9 am - 9 pm daily

Central Alberta Sexual Assault Support Centre

1-866-956-1099

<https://casasc.ca/>
24 hrs daily

Youth Serving Organizations

ConnecTeen

403-264-8336

Or text 587-333-2724

<https://calgaryconnecteen.com/>
Peer support 3-10 pm weekdays &
12-10 pm weekends
24 hrs daily

Kids Help Phone

1-800-668-6868

Or text CONNECT to 686868

Crisis Support and Counselling
<https://kidshelpphone.ca/>
24 hrs daily

Housing and Necessities

Avenue 15 Shelter

403-543-9651

Temporary Drop-In Shelter for Youth
938 15 Ave SW, Calgary
24 hrs daily

Distress Centre

403-266-4357

Calgary Crisis Line
Phone and text, 24 hours daily

Family Violence

Family Violence

Information Line

1-310-1818

24 hrs daily

Alberta Abuse Helpline

1-855-443-5722

24 hrs daily

Health and Mental Health Services

Health Link

811

Health Advice and Information
24 hrs daily

Talk Suicide

1-833-456-4566 (24/7)

Or text 45645 (2 pm to 10 pm)

Crisis response without judgement

Mental Health Helpline

1-877-303-2642

Crisis Support and Information
24 hrs daily

Addiction Helpline

1-866-332-2322

Information and Referrals
24 hrs daily

2SLGBTQQIA+ Services

You Matter Support Line

587-800-4121

Non-crisis peer support
5pm-9pm, Mon to Thurs

Trans Lifeline

1-877-330-6366

Community connections and support
24 hrs daily

Indigenous Services

Hope for Wellness Helpline

1-855-242-3310

Counselling and crisis intervention
24 hrs daily

Indian Residential School

Survivors Society

1-800-721-0066

Support for survivors and families
24 hrs daily

Specific Community Resources

Chinese Emotional Support Line

587-997-5877

24 hrs daily

Black Youth Helpline

416-285-9944

7 am - 8 pm daily

Naseeha Helpline

1-866-627-3342

Mental health support for Muslim
youth
10 am to 1 am daily

SACHSS Distress Line

1-289-277-4770

Or 1-437-254-2794

Support for South Asian Communities
24 hrs daily