

## Urgent Care

Urgent Care Centres provide access for unexpected, but non-life threatening health concerns. Addiction and mental health services are available at all Urgent Care Centres throughout the Calgary Zone, including rural areas. The following offer specific resources for addiction and mental health crisis intervention.

### Sheldon M. Chumir Health Centre (all ages)

Address: 1213–4th Street SW Calgary

Hours: Daily 8:00 am – 10:00 pm

### South Calgary Health Centre (all ages)

Address: 31 Sunpark Plaza SE Calgary

Hours: Daily 8:00 am – 10:00 pm

### Airdrie Regional Health Centre (all ages)

Address: 604 Main Street S Airdrie

Hours: Weekdays 2:30 pm – 9:00 pm, Weekends 10:00 am – 5:00 pm

### Banff Mineral Springs Hospital (all ages)

Address: 305 Lynx Street Banff

Hours: Daily 2:00 pm – 9:00 pm

### Canmore General Hospital (all ages)

Address: 1100 Hospital Place Canmore

Hours: Daily 2:00 pm – 9:00 pm

### Cochrane Community Health Centre (all ages) (Starting in March 2019)

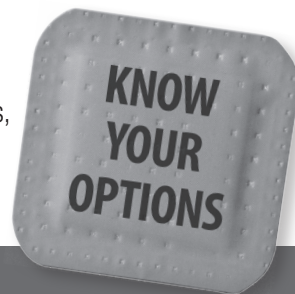
Address: 60 Grande Boulevard, Cochrane

Hours: Weekdays 12:00 pm – 7:00 pm, Weekends 10:00 am – 5:00 pm

## Emergency Department

If you are experiencing significant addiction and/or mental health problems that you feel require immediate attention, or are at a high risk to harm yourself or others, go to the nearest Emergency Department.

*For life-threatening emergencies, please call 911.*



## For more information

**Call:** Access Mental Health: 403-943-1500 • 1-844-943-1500

Health Link Alberta: 811

**Visit:** [ahs.ca/options](https://ahs.ca/options)

MyHealth.Alberta.ca, or the AHS app



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## Know Your Addiction & Mental Health Options

Get the care that's right for you and your family.

Learn about the many options available to manage your addiction and/or mental health needs.

If you're not sure where to go, we're here to help.

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## Family Physicians

Your family physician is often your first point of contact for your health, including your mental health and addiction-related needs. Family physicians may have appointments available for urgent needs or offer after-hours care. Call your physician's office during business hours. During non-business hours call Health Link Alberta (811).

*If you are already connected with an addiction or mental health provider, most services will accommodate an urgent appointment.*

## Walk-In Services

### Adult Addiction Services (adults)

Phone: 403-367-5000  
Address: 3rd Floor, 707–10th Avenue SW Calgary  
Hours: Weekdays at 12:30 pm  
Services: intake and assessment

### Youth Substance Use and Mental Health Services (youth 12 – 17 years)

Phone: 403-297-4664  
Address: 1005–17th Street NW Calgary  
Hours: Mon, Wed and Fri from 8:30 am – 11:00 am  
*Phone for evening walk-in hours*  
Services: intake and assessment

### Mental Health Walk-In – South Calgary Health Centre (all ages)

Phone: 403-943-9374  
Address: 2nd floor, 31 Sunpark Plaza SE Calgary  
Hours: Mon to Thurs 4:00 pm – 7:00 pm, Fri 9:00 am – 12:00 pm  
Service: single session therapy

### Wood's Homes Eastside Family Centre (all ages)

Phone: 403-299-9696  
Address: Northgate Mall, 255 495–36th Street NE Calgary  
Hours: Mon 1:00 pm – 7:00 pm, Tues to Thurs 11:00 am – 7:00 pm, Fri 12:00 pm – 5:00 pm  
Service: single session therapy  
*Guardians for those under 18 years should attend the visit.*

## Crisis Support

Several options are available within Calgary and the surrounding area that provide crisis support and/or counselling.

### Addictions Help Line (all ages – 24 hour)

Phone: 1-866-332-2322

### Health Link Alberta (all ages – 24 hour)

Phone: 811

### Mobile Response Team (North of Anderson Road S) or South Mobile Response Team (South of Anderson Road S to High River) (youth 13 – 17 years and adult)

Phone: 403-266-HELP (4357) *Access through the Distress Centre*  
Hours: Daily 9:30 am – 9:30 pm  
Services: crisis intervention, crisis stabilization, prevention, urgent psychiatric assessments, and trauma response.

### Distress Centre (all ages)

Phone: 403-266-HELP (4357) (24 hour)  
Chat: [distresscentre.com](https://distresscentre.com)  
Hours: Weekdays 3:00 pm – 10:00 pm, Weekends 12:00 pm – 10:00 pm

### Distress Centre ConnecTeen (youth 21 years or less)

Phone: 403-264-TEEN (8336) (24 hour)  
Chat/Text: [calgaryconnecteen.com](https://calgaryconnecteen.com) • text 587-333-2724  
Hours: Weekdays 3:00 pm – 10:00 pm, Weekends 12:00 pm – 10:00 pm  
Services: peer support

### Wood's Homes Community Resource Team (all ages)

Phone: 403-299-9699, 1-800-563-6106 (24 hour)  
Chat/Text: [woodshomes.ca](https://woodshomes.ca) • text 587-315-5000  
Hours: Daily 9:00 am – 10:00 pm  
Services: parent-child/youth crisis, telephone support, mobile support to home or community supports.

### First Nations and Inuit Hope for Wellness Help Line (all ages – 24 hour)

Phone: 1-855-242-3310

## Addiction & Mental Health Information & Referral

Through telephone consultation, professionals can help you better understand and get connected to the most helpful supports. They are familiar with both Alberta Health Services and community-based programs in the Calgary area for all ages.

Access Mental Health Phone: 403-943-1500 • 1-844-943-1500 / Hours: Monday – Friday from 8:00 am – 5:00 pm