

Where to Find Help

Calgary & Area

Provided by Tailor Made Psychiatry · Dr. Sunny Kang, MD, FRCPC

There are many ways to get support — some you can start today, on your own, at no cost. This guide is organized by how soon you need help and what fits your budget. You don't need a referral for most of these; you can call or sign up yourself.

If you need help right now 24/7

Emergency — call 911

If you or someone else is in immediate danger.

Suicide Crisis Helpline — call or text 988

Free, confidential support any time, day or night.

Distress Centre Calgary — 403-266-4357 (call or text)

24-hour crisis support by phone, text, or chat.

Mental Health Helpline — 1-877-303-2642

24/7 advice, support, and help finding services.

These resources are provided for your convenience and are updated periodically. Programs, contact details, and availability can change, so please confirm current details directly with each service. **In an emergency, call 911** — the crisis lines listed above operate 24/7.

Access Mental Health — 403-943-1500

Call to be connected to public counselling, psychiatry, and group programs through Alberta Health Services. There can be a wait for non-urgent care.

Adult Addiction Services — 403-367-5000

Free counselling and a day program for alcohol, drugs, or gambling concerns. No referral needed.

Grief & bereavement support — Hospice Calgary · hospicecalgary.ca

Free grief counselling after the loss of someone close — no referral needed. (Alberta Health Services also runs a free Grief Support Program; ask Health Link 811 to be connected.)

OBAD — peer support groups — 403-263-7408 · obad.ca

Free, welcoming peer groups for people living with bipolar disorder, depression, or anxiety. Online across Alberta plus in-person in Calgary.

Low-cost counselling (pay what you can)

SLIDING SCALE

Calgary Counselling Centre — 833-827-4229

Fees based on your income — no one is turned away for inability to pay. Virtual or in person; weekday, evening, and Saturday appointments.

Counselling Alberta — counsellingalberta.com

Sliding-scale virtual counselling anywhere in Alberta, with no waitlist.

Distress Centre Calgary — 403-266-4357

Free short-term counselling for individuals, couples, and families.

Private therapy

BENEFITS OR SELF-PAY

Registered psychologist — psychologistsassociation.ab.ca

Use the "Find a Psychologist" tool to search by concern, specialty, and virtual availability. Psychologists also do formal psychological assessments.

Registered Social Worker (RSW) — acsw.ab.ca

Search the Alberta College of Social Workers' "Find a Social Worker" directory (filter by Calgary/your area). Many provide therapy at lower fees than psychologists — look for "Registered Clinical Social Worker (RCSW)," which signals advanced mental-health training.

Canadian Certified Counsellor (CCC) — ccpa-accp.ca

Use the "Find a Canadian Certified Counsellor" directory and filter by location. CCCs are master's-level therapists trained in approaches like CBT, often at a lower cost than psychologists.

Tip: Check your work or extended health benefits first — many plans cover social workers and counsellors as well as psychologists. When you book, it's fine to ask whether they offer a sliding scale or reduced fees.

Not sure where to start? Bring this list to your next appointment — we can choose the right fit together based on what you need and what's available to you.

This handout is for educational purposes only and does not replace individualized advice from your healthcare provider. Always discuss questions about your care with your psychiatrist or treating physician.