

Mental health resources: Alberta

Name	Contact	Information	Location	Type of resource	Type of support	Target demographic	Serves adults (18+)	Serves children (0–12)	Serves youth (13–17)	Serves families	Language (s) spoken
Aboriginal Counseling Services of Alberta	aboriginalcounseling.com	Offers no-cost mental health education programs for Indigenous individuals in Alberta.	Alberta	Online services and in-person services	Counselling	Indigenous population	Yes	Yes	Yes	Yes	English
Access Mental Health	1-844-943-1500	Non-urgent support for mental health and addiction concerns in the Calgary zone.	Alberta	Telephone	Wellness support and addiction support	General population	Yes	Yes	Yes	—	English
Addiction Helpline	1-866-332-2322	24/7 confidential service to provide support, information, and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling.	Alberta	Telephone	Wellness support and addiction support	General population	Yes	—	Yes	—	English
AMA's Physician and Family Support Program	1-877-767-4637	Provides 24/7 confidential help and support for physicians, residents, and medical students (or their family members) facing personal and/or professional concerns (e.g., stress, anxiety, and family or relationship issues).	Alberta	Telephone	Wellness support	Health care providers and their families	Yes	—	—	Yes	English
Boots on the Ground Alberta	1-866-724-2684	BOTG provides first responders and military members with an anonymous helpline wherein they can receive peer support.	Alberta	Telephone	Peer support	Military members and Veterans. public safety personnel	Yes	—	—	—	English

Mental health resources: Alberta

Build Them Up	buildthemup.ca	Offers therapy, peer support, and other programs to children, teens, and families.	Alberta	Online services and in-person services	Wellness support	General population	Yes	Yes	Yes	Yes	English
Calgary Outlink	calgaryoutlink.ca	Provides support, education, outreach, and referrals for the 2SLGBTQIA+ community in Calgary.	Alberta	Online services and in-person services	Wellness support	LGBTQ2SIA+	Yes	Yes	Yes	—	English
Canadian Mental Health Association Alberta	alberta.cmha.ca	CMHA Alberta provides a list of mental health resources and education/information about mental health.	Alberta	Resource hub	Wellness support	General population	Yes	Yes	Yes	Yes	English
CASA: Indigenous Mental Health Services	casamentalhealth.org/casa-programs/indigenous-mental-health-services	Provides mental health services and education to children, youth, and families living or connected to the Alexander, Alexis Nakoda Sioux, Enoch Cree, and Paul First Nations.	Alberta	In-person service	Wellness support	Indigenous population	Yes	Yes	Yes	Yes	English
Distress Centre	distresscentre.com	Provides 24/7 crisis support, professional crisis counselling, peer support, and access to other resources.	Alberta	Online service	Crisis support	General population	Yes	—	Yes	Yes	English
Distress Centre: Crisis Support	403-266-4357	24-hour crisis support accessible by telephone or text	Alberta	Telephone	Crisis support	General population	Yes	—	—	—	English
Indigenous Support Line	1-844-944-4744 or 8-1-1	The support line is for First Nations, Métis, and Inuit peoples in Alberta.	Alberta	Telephone	Wellness support	Indigenous population	Yes	Yes	Yes	Yes	English

Mental health resources: Alberta

		Hours are 12 p.m. to 8 p.m., Monday to Friday.									
Mental Health Help Line	1-877-303-2642	24/7 confidential service to provide support, information, and referrals to Albertans experiencing mental health concerns.	Alberta	Telephone	Crisis support	General population	Yes	Yes	Yes	—	English
OSI-CAN Alberta	osicanab.ca	OSI-CAN is a free, confidential, community-based peer support initiative for Veterans, first responders, and public safety personnel.	Alberta	Online services and in-person services	Peer support	Military members, Veterans, and their families; public safety personnel and their families	Yes	—	—	Yes	English
Text4Hope	3-9-3-9-3-9	Ongoing supportive text content to help Albertans identify and adjust negative thoughts, feelings, and behaviours during stressful times. Text HOPEAB to 39393 9 to subscribe for free.	Alberta	Telephone (text)	Wellness support	General population	Yes	Yes	Yes	—	English