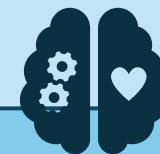


# Mental Health



## FREE COUNSELLING SERVICES

### Access Mental Health

Access Mental Health is a non-urgent service providing information, consultation, and referrals for individuals with addiction and / or mental health concerns. Mental Health Clinicians complete a clinical interview over the telephone to assess the individuals' needs.

*Offered through AHS, needs a referral.*

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=2381&serviceAtFacilityID=1019446#contentStart>

### One-Step-at-a-Time Counselling

Free counseling service for a wide variety of concerns, through the Calgary Foothills PCN, available to you as long as you have a family physician. Appointments are 1 to 1.5 hours long and involve a single session, consultative model. The goal is to be as helpful to you as possible in a single session, and any future appointments are booked if needed, as needed by you.

*You can self-refer via 1-855-792-3726 or your physician can submit a referral on your behalf, after which you can call the same phone number to book your appointment. The clinic is located at the Crowfoot Primary Care Centre (suite 201, 60 Crowfoot Cr NW).*

<https://cfpcn.ca/mental-health-support/>

## FREE PROGRAMS

### Families Matter – PMH Programs

The Perinatal Mental Health (PMH) Programs support new parents through their journey which can include challenges with depression, anxiety, feeling overwhelmed, guilt, isolation, and the stigma associated with struggling with your mental health. Their free programming supports any parent who feels they are struggling before or after the birth of a baby, up until the baby is 24 months old.

<https://familiesmatter.ca/perinatal-mental-health-postpartum-depression/>

### Carya

Various programs to support mental health and well-being including family counselling and functional family therapy.

<https://carya.wpenginepowered.com/get-support/family-functioning/>

### Postpartum Support International

PSI offers support specifically for dads, whether they're trying to support a partner or experiencing a perinatal mood or anxiety disorder. Programs include support groups, connecting with mentors, and postpartum planning classes.

<https://www.postpartum.net/get-help/help-for-dads/>

# Mental Health



## FREE ONLINE RESOURCES

### Anxiety Canada

Anxiety Canada provides resources for those struggling with anxiety and anxiety disorders including online courses, podcasts, apps, downloadable content and group therapy.

*Some resources are not free but are low-cost.*

<https://www.anxietycanada.com>

### Managing Depression

A Self-Help Skills Resource for Women Living with Depression During Pregnancy, After Delivery and Beyond. This downloadable workbook is for women living with depression during pregnancy, after delivery and beyond; and their clinicians or service providers. It provides information about depression and healthy lifestyles behaviours, and skills for managing depression. Concerned partners, family members or friends may also find this resource helpful.

<https://www.sfu.ca/carmha/publications/managing-depression-pregnancy-childbirth.html>

### Centre for Clinical Interventions

Free online, evidence-based information and workbooks (free downloadable pdfs) for a variety of common mental health problems, including anxiety, depression, and perfectionism. Not specific to the perinatal phase. Provided by the Government of Western Australia.

<https://www.cci.health.wa.gov.au>

### Hope

Based out of the University of Calgary, Dr. Dawn Kingston's research "focuses on improving perinatal mental healthcare by developing and evaluating approaches for screening and treating women who struggle with depression and anxiety during pregnancy". Her website provides information about emotional well-being in pregnancy and beyond. You may also be eligible to sign up for free online CBT during the perinatal phase as part of her research, see information on her website.

<https://hopementalhealth4women.com>

<https://www.dr dawnmentalhealth4women.com>

## BOOK

### Your Brain on Pregnancy

A Guide to Understanding and Protecting Your Mental Health During Pregnancy and Beyond. An enlightening and practical guidebook for mothers to help them navigate mental health challenges during and after pregnancy—based on cutting-edge science by one of the world's foremost researchers of maternal mental health.

*Kindle edition: \$13.99, paperback: \$26.99*

<https://www.amazon.ca/Your-Brain-Pregnancy-Understanding-Protecting/dp/1982143371>

# Adverse Childhood Events



## FREE ONLINE RESOURCES

### Alberta Family Wellness Initiative

The AFWI mobilizes knowledge about early brain development and its connection to lifelong physical and mental health. We form the bridge between the latest scientific knowledge about brain development and what is actually done in policy and practice.

*This course is offered in English and in French.*

<https://www.albertafamilywellness.org>

### Centre on the Developing Child

The mission of the Center on the Developing Child is to drive science-based innovation that achieves breakthrough outcomes for children facing adversity. Their website offers evidence-based educational articles, tools and guides, videos, podcasts, and reports about current research on child development.

<https://developingchild.harvard.edu/about/>

### Psychology Today

Introduction to ACEs, article on how ACEs are associated with specific brain changes that effect anger arousal and management, how ACEs can impact both cognitive and emotional development, and how adults who struggle with anger can learn more effective coping skills, in spite of their history of ACEs.

<https://www.psychologytoday.com/us/basics/adverse-childhood-experiences>

<https://www.psychologytoday.com/us/blog/overcoming-destructive-anger/202106/how-adverse-childhood-experiences-aces-impact-adult-anger>

# Crisis Counselling



## WALK-IN SERVICES

### Distress Centre

Offers free counselling (up to 6 sessions) for individuals, groups and families with a registered Social Worker. Evening and emergency/walk-in appointment also available. Please contact helpline and request an intake for counselling. Also offers 24hr crisis support over the phone.

*Phone:* 403-266-4357

*Address:* Suite 300, 1010 8th Avenue SW

*Website:* <https://distresscentre.com>

### Eastside Family Centre

Offers a no-fee, walk-in 50-minute counselling session with a qualified mental health professional. Service is available on a first-come, first served basis with no appointment required. Service is available for individuals, couples and families. Also available via phone, text, or live chat.

*Phone:* 403-299-9696

*Address:* Suite 255, 495 36th Street NE

*Website:* <https://www.woodshomes.ca/eastside-community-mental-health-services/>

### AHS Mental Health Walk-In

Walk-in therapy on a single session basis is offered to clients of all ages. Hours of operation are Monday-Thursday (4pm-7pm) and Friday (10am-1pm). The program is closed on weekends and statutory holidays. This service is covered under Alberta Health Care.

*Phone:* 403-943-9374

*Address:* South Calgary Health Centre: 2nd Floor, 31 Sunpark Plaza SE

*Website:* <https://www.albertahealthservices.ca/findhealth/service.aspx?id=1009754>

## HELP LINES

### Alberta Mental Health Line

Offers confidential, anonymous services: crisis intervention; information about mental health programs and services; referrals to other agencies if needed.

*Phone:* 1-866-303-2642

*Website:* <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

### Connect Domestic Violence And Abuse Helpline

One phone call connects you to Calgary's network of services and support. Provides access to comprehensive services and support for those impacted by domestic violence, sexual violence and sexual abuse.

*Phone numbers:*

*Sexual abuse and sexual assault:* 403-237-5888 or 1-877-237-5888

*Domestic and relationship abuse:* 403-234-7233(SAFE) or 1-866-606-7233

# Crisis Counselling



## SHELTERS

### Calgary Women's Shelter

Programs and Services include:

- 24-Hour Family Violence Helpline
- Emergency Shelter
- Wellness Centre
- Child, Youth and Family Program
- Court Program
- Community Services Counselling Program
- Healthy Relationships
- Men's Counselling Service
- Take a Stand Initiative

*Phone Numbers:*

*24-Hour Family Violence Helpline: 403.234.SAFE (7233)*

*Toll free: 1.866.606.SAFE (7233)*

*Email: [help@cwes.ca](mailto:help@cwes.ca)*

*Text: 403.604.6689*

*Website: <https://www.calgarywomensshelter.com/shelter-programs>*

### Children's Cottage Society – Crisis Nursery

The 14-bed Crisis Nursery offers a safe haven for children 24 hours a day, seven days a week. It provides:

- Up to 72 hours of childcare services to children from newborn to age eight
- Care delivered by a team of child and family support workers, assisted by trained volunteers
- Confidential, supportive and non-judgmental help to families
- Assistance resolving issues so that parents can quickly reunite with their children
- Referrals to other agencies and services

*24/7 Crisis Line: 403.233.CARE (2273) and one of their family support workers will guide you through the admission process*

*Website: <https://childrenscottage.ab.ca/main/crisis-nursery/>*

### Children's Cottage Society – HomeLinks

HomeLinks is an Intensive Case Management program helps families who have a wide range of experiences in homelessness. It includes families who are experiencing new or sudden challenges leading to recent homelessness through to families who experience homelessness for extended periods of time and consistently find themselves in recurring situations. Involves regular appointments for 9 to 24 months.

*You must be referred for this program by Family Placement Committee through Coordinated Access and Assessment; once approved a Case Manager will connect with you.*

*Please contact SORCE (403-617-4183 or 403-608-5559) to book your assessment.*

*Website: <https://childrenscottage.ab.ca/main/housing-programs/>*

# Meditation & Mindfulness



## FREE ONLINE RESOURCE

### Smiling Mind

A variety of accessible, unique tools (app, videos, online resources) developed by psychologists and educators to help bring balance to your life; can be used by both parents and children.

<https://www.smilingmind.com.au>

## BOOK

### Expecting Mindfully

Nourish your Emotional Well-Being and Prevent Depression During Pregnancy and Postpartum. Clear, step-by-step workbook for moms and moms-to-be, grounded in mindfulness-based cognitive therapy (evidence-based). “The authors are leading experts on the emotional challenges of pregnancy and early parenting and how to overcome them. Guided meditations and gentle yoga practices help you build crucial skills to prevent depression, ease anxiety, and minimize stress during this unique and important phase of your life.”

*Kindle edition: \$13.20, paperback: \$27.80*

<https://www.amazon.ca/Expecting-Mindfully-Well-Being-Depression-Postpartum/dp/1462532470>

## APPS

### Calm

Calm is an app to support personalized management of sleep, meditation, mindfulness, and relaxation.

*7-day free trial, \$76.99 annually*

<https://www.calm.com>

### Ten Percent Happier

Ten Percent Happier offers courses, podcasts, newsletters and app-based content to support meditation and manage stress and anxiety.

*7-day free trial, \$8.33 monthly, \$99.99 annually*

<https://www.tenpercent.com>

### Headspace

Through evidence-based meditation and mindfulness tools, mental health coaching, therapy, psychiatry, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

*7-day free trial, \$89.99 annually, \$17.99 monthly*

*Student & family pricing available, can be accessed through Netflix if you already have an existing subscription.*

[https://www.headspace.com/home?\\_stsgnoredir=1](https://www.headspace.com/home?_stsgnoredir=1)

# Community Programs & Activities



## FREE PROGRAMS

### Families Matter

Families Matter creates and facilitates learning opportunities that strengthen families and their connection to communities through programs catering to various stages of growth. *Registration required.*

<https://familiesmatter.ca/event-category/the-latest/>

### CUPS Family Development Centre

The CUPS Family Development Centre is a welcoming, nurturing environment for families to access resources, participate in programming and build resilience for the future, together. Participants can access support for: family goal setting, parent education and skill development, referrals to community resources. *Registration required for some programs.*

<https://www.cupscalgary.com/programs-services/social-support/family-development-centre>

### Calgary Public Library

The CPL offers various programming throughout the city for infants, children, and families. *Online and in-person programming available.*

<https://calgarylibrary.ca/events-and-programs/programs/?Interest%5B%5D=parents-and-family#events-programs-filters>

### Carya

Carya creates welcoming spaces for throughout the city connection by providing registered, drop-in, and community-led programs and initiatives that develop social connection and belonging.

<https://caryacalgary.ca/get-support/social-connections/>  
<https://caryacalgary.ca/get-support/family-functioning/>

### Children's Cottage Society

The Children's Cottage Society is excited to offer a service called the Calgary West Family Resource Network. This is a wonderful collaboration of agencies providing a range of free programs for families with children under the age of 18 living in west Calgary. If you are looking for resources and support around parenting, child development, counselling for you and your family, and to make connections within your community, they are here to help! At the Family Resource Network we are committed to supporting and connecting families to community resources and programs.

<https://childrenscottage.ab.ca/main/family-resource-network-programs/>

## PAID PROGRAMS

### Mommy Connections

Mommy Connections offers classes for pregnancy, moms & babies, and parents & tots. Offered in multiple locations (Calgary, Okotoks, Airdrie, Cochrane). Pricing varies on class type (range: \$5-\$240).

<https://mommyconnections.ca/calgary/mom-baby/>

### Brilliant Beginnings

Brilliant Beginnings offers a variety of research-based programs and services that reinforce the importance of parent-child interaction on children's cognitive, emotional and social development. Classes are categorized by child's age; ranges from 4 months to 4 years. Offered in multiple locations. Price: \$215.

<https://brilliantbeginnings.ca/parent-support/>