

Alberta and Calgary Urgent Contacts

This is not a list of emergency resources.



**Call 911 if:
a crime is taking place
a fire truck or ambulance is needed
police are needed**



211 Alberta: call **2-1-1** or visit <https://ab.211.ca> for:
disability supports; mental health & addictions; shelter &
housing; food & basic needs; violence/abuse; LGBTQ2+
services; indigenous assistance

AHS HealthLink: call **8-1-1**

Alberta Addictions Helpline: (24 hrs): call **1-866-332-2322**

Canada Suicide Prevention Service (toll free): **1-833-456-4566**
or text **45645**

Wellness Together Canada

adults in distress: text WELLNESS to **741741**

frontline workers: text FRONTLINE to **741741**

youth: text WELLNESS to **686868**

indigenous peoples: call **1-855-242-3310**

Distress Centre Calgary Crisis Line: **403-266-HELP (4357)**

ConnecTeen: **403-264-TEEN (8336)**

Woods Homes (toll free): **1-800-563-6106**

local crisis line (24 hours in Calgary): **403-299-9699**

Kids Help Phone (toll free): **1-866-297-4101**

Youth Counselling Line (toll free): **1-800-668-6868** or text: **686-868**

Mental Health Help Line: **1-877-303-2642**

