

The Children's Link Society

Suite 245, 720 - 28th Street N.E Calgary, Alta. T2A 6R3
Phone:230-9158/ Fax:230-3252/ E-mail:child@nucleus.com
Website: www.childrenslink.ca

HEALTH AND GOVERNMENT SERVICES

- **Find a Physician**
- **Distress Centre 403 266 1605**
- **Mental Health Help Line 1 877 303 2642**
- **Psychologists' Association of Alberta – (403) 246-8255** – The Psychologists' Association of Alberta can answer any questions about psychologists, assessments and psychotherapy including fees and fee schedules. They also provide a referral service to assist you in finding the right psychologist. Please call the at the above number or visit their website at www.psychologistsassociation.ab.ca
- **ACCESS MENTAL HEALTH Child and Adolescent Mental Health and Psychiatry Program Intake: (403) 943 1500 Office Hours 8:00am-7:00pm** – providing information and options regarding child and adolescent (18 and under) mental health and psychiatry concerns. An intake worker will assist callers with either community resources available or schedule an appointment to complete an intake for the services provided through the Calgary Health Region.
- **ACCESS MENTAL HEALTH Mental Health Information Contact : (403) 943-1500 Office Hours 7:30am-7:00pm** – Mental Health Clinicians provide callers with detailed information regarding mental health services using a database of over 1900 mental health and related services. Information includes: food, housing, temporary financial aide, education, inpatient/outpatient programs, day programs, outreach, support groups, individual, couple, family, group therapy, family support services, and advocacy.
mental.health@calgaryhealthregion.ca
- **ACCESS MENTAL HEALTH Community Extension Team (CET) Contact: (403) 943-1500 Office Hours 7:30am-7:00pm** – Intake for the community extension team is done through the Mental Health Information and Options Services. The team consists of a combination of specialized staff performing extension work at different levels intervention: clinical supervisor, team leader, community outreach worker and independent living support coordinators. Services include: psychiatric care, medical care, financial resources, housing resources, transportation resources, legal resources, vocational resources, social/recreation resources, and family/community supports.
- **Canadian Mental Health Association (403) 297-1700** – CMHA provides numerous services including community promotion and illness prevention, Independent Living Support, Suicide Services etc. They have a Family Support Program for family members or friends of person suffering from a mental illness as well as a peer support program for adults with mental health issues.
www.cmha.calgary.ab.ca

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- **Alberta Mental Health Board 1-877-303-2642 (Help Line)** – The Alberta Mental Health Board provides information and services on: Early Childhood Development, Eating Disorders, Aboriginal Initiatives, education, training, promotion and prevention. Their help line is open to any persons experiencing emotional or psychiatric crisis, or requiring information about mental health services and programs. Their services are confidential and available 24hours a day, seven days a week.

COMMUNITY SERVICES AND RESOURCES

- **Counseling List**
- **Psychological Assessment Listing**
- **Behavioral Supports**
- **Alberta Alcohol and Drug Abuse Commission (AADAC) – Adolescent Youth Services – (403) 297-4664** – The AADAC Youth Services Centre offers a wide range of substance abuse treatment services for adolescents (aged 12-17) and their families. Information sessions, counseling, parent support groups and lending library are just some of the services and resources available. Please call the above number for more information or visit their website at: www.aadac4kids.com
- **Alberta Alcohol and Drug Abuse Commission (AADAC) – Adult Counselling & Prevention (Calgary) Services – (403) 297-3071** – The AADAC Adult Counselling and Prevention Services offers a wide range of substance abuse services for adults (18years and older). Services include individual, group, and family counseling, services for women, recovery centres, and lending library. Please call the above number for more information or visit their website at: www.aadac.com
- **Alberta Children’s Hospital – Child Abuse Service – (403) 229-7886** – The Child Abuse Service provides treatment services to children and families dealing with issues related to physical, sexual or emotional abuse. Families can self-refer to the clinic which focuses on providing services to children under the age of 12 years. Services include crisis intervention, team assessments, family therapy, group therapy, etc. Please call the above number for more information.
- **Alberta Children’s Hospital – Family and Community Resource Center(Formerly known as Parent Services) – (403) 943-7281(outpatient) (403) 955-7018(inpatient)** – Parent Service advisors are hospital staff who support and assist family members in finding information and resources. When children are in the hospital parents often have difficulty finding out information on their child’s condition, finding lodging and meals if they are from out of town or transportation and parking. Please call the above number or visit them in the hospital from 9am-4pm Monday through Friday. www.calgaryhealthregion.ca/ACH

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- **Alexandra Community Health Centre – (403) 266-2622** – The Alexandra Centre is a health centre that provides services for physical, financial, psychological, social and spiritual health. It is available for individuals who reside in east Calgary or the downtown core and face multi-barriers to health (i.e. income, education, mental health issues, substance abuse, etc). Services include: access to family doctors, crisis and resource specialist, Food Bank, Good Food Box, Chiropractor and Massage, Financial workshops, Counselling, Youth Recreation Programs, etc. Please call the above number for more information or assistance or visit their website at: www.thealex.ca
- **Aspen – Family and Community Network Society – (403) 219-3477** - Aspen's mandate is to support and enhance the quality of life of children and youth in the family and in the community. Their vision is that there would be “strong roots” for every child wrapped within a supportive community”. They provide community based programs for children, youth and families. Programs include: youth matters, better choices, youth employment, families in transition, community support homes, etc. Program requirements vary depending on each program. Please call the above number for more information or visit their website at: www.aspenfamily.org
- **Boys and Girls Club Community Services – (403) 276-9981** – The Boys and Girls Club provide numerous programs and service for children. Services include Community Clubs, Residential Programs, Community-based Programs, Housing Programs, Crisis Interventions, and Prevention Programs. For a full listing of programs and the requirements for each program, please call the above number or visit their website at: www.calgaryboysandgirlsclub.ca
- **Bridging the Gap – (403) 216-0660** – Bridging the Gap provides long-term support to 16-24 year olds who have significant mental health concerns and who have difficulty accessing the services they need. Youth are provided with emotional and practical support, information, advocacy and guidance. For more information please call the above number.
- **Calgary Association of Self Help – (403) 266-8711** – Provides rehabilitation, counseling, and social/leisure programs for adults with severe and persistent mental health illness. Programs include a resource/activity centre, creative arts, life skills, recycling project, activities of daily living, occupational and leisure skills, as well as mental health support groups. Please call the above number for more information or visit their website at: www.calgaryselfhelp.com

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- **CCASA – Calgary Communities Against Sexual Abuse – (403) 237-5888** – CCASA provides 24hour telephone support and crisis intervention for survivors of sexual assault. They can also provide short-term counseling for individuals over the age of eleven, information and counselling to educate family and friends, and court support and accompaniment. Please call the above number for more information or visit their website at: www.calgarycasa.com
- **Calgary Police Victims Assistance Unit – (403) 206-8398** – Provides information, support, and referral services to victims of crime in Calgary. They also provide court information, preparation, and accompaniment when victims are required in court. For more information please call the above number or visit their website at: www.calgarypolice.ca
- **Centre for Suicide Prevention – (403) 245-3900** – The centre provides extensive information for caregivers, researchers, and the public on suicide. They have a database, resource centre, library, and numerous information kits and publications. For more information please call the above number or visit their website at: www.suicideinfo.ca
- **Children’s Cottage Society – (403) 233-2273** – The Children’s Cottage provides a Crisis Nursery, Community Respite Services, and family support services. The crisis nursery is available for children ages newborn to age 8 when the family is experiencing a family crisis. Please call the above number and speak to an intake worker who can determine the most appropriate service for your family or you can visit their website at: www.childrenscottage.ab.ca.
- **Community Resource Team (CRT) – (403) 299-9699** – CRT is a 24 hour crisis telephone support service offering a mobile crisis intervention team. CRT is a multidisciplinary team of crisis counselors who provide service via telephone, mobile community-based outreach, in-home counseling and critical incident stress debriefing. For more information please call the above number or visit their website at: www.woodshomes.com
- **Salvation Army Children’s Village – (403) 246-1124** – The Salvation Army Children’s Village responds to the special needs of children who have emotional and behavioral difficulties. They offer many programs for children ages 3 - 17 years old, as well as many family integrated programs. Please call the above number or visit their website at: www.childrens-village.org
- **Street Teams Safe House Society – (403) 228-3390** – Street Teams Safe House Society develops and provides public education, outreach, residential and treatment programs to youth who are at-risk or are victimized by sexual exploitation or street life. Ages and Child Welfare Status vary depending on

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program. Please call the above number for more information or visit their website at: www.streetteams.com

- **The Adolescent Day Treatment Program – 943-9043** – The Adolescent Day Treatment Program (ADTP) serves adolescents from grades 7 to 12 with mental health/psychiatric problems, and their families. ADTP provides the opportunity for clients to have therapy and attend school at the same time. Individual treatment plans are designed to meet clients' goals and needs within the overall program structure. Clients entering ADTP must be referred. Please call the above number for more information or visit their website at:

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Programs for Schools

- **Avery – Alternatives to Violence Educational Program for Youth (John Howard Society) – (403) 264-0060** – Avepy is a unique two-day workshop for youth in schools and community organizations. Avepy addresses name-calling, rumor spreading, threats and physical violence. It provides youth with awareness and alternatives to violence.

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