

Organization	Services	Delivery	Contact Info
24 Hour Access Service			
Mental Health Help Line	Provide support, information and referrals to Albertans experiencing mental health concerns	Phone	1-877-303-2642
Distress Centre	Provide compassionate, accessible crisis support that enhances the health, well-being and resiliency of individuals in distress	Phone, online chat	1-403-266-4357
			www.distresscentre.com
Calgary Connecteen	Confidential peer support for youth	Phone, online chat, text	Call: 1-403-264-8336 Text: 1-587-333-2724
Alberta Addictions Helpline	Confidential service providing alcohol, tobacco, drugs and gambling support, information and referrals	Phone	1-866-332-2322
Family Violence Information Line	Available for Albertans experiencing family violence or abuse	Phone, online chat	310-1818
			https://www.alberta.ca/family-violence-find-supports.aspx
Basic Needs			
Hanna Learning Centre	Assistance with Government applications, resource/referral navigation, harm reduction services, rehabilitation options	Phone, In-person observing all current COVID-19 regulations	403-854-2099 Hanna Provincial Building - Main Floor
Hanna FCSS	HannaCares program offers assistance with a variety of tasks, chores or even a friendly phone call	Phone, online	403-854-4433
			https://hanna.ca/help/
Hanna Food Bank	Emergent or supplemental food hampers	In-person observing all current COVID-19 regulations	403-854-8501 Hanna Provincial Building - Main Floor
Addictions Services			
AHS - Addictions Services	Assessment, treatment and referral for the management and treatment of addiction including alcohol, tobacco, drugs or gambling	In-person, phone, online	403-854-5276
Alberta Licensed Addiction Treatment Service Providers	Provincial facilities which provide addiction treatment programs	Program dependent	https://www.alberta.ca/residential-addiction-treatment-service-providers.aspx
Recovery Access Alberta	a one-stop shop where Albertans can find addiction-related programs and services to meet their specific needs	Online	www.recoveryaccessalberta.ca
Fort McMurray Recovery Centre	2 week online addiction treatment program	Online via Zoom	780-793-8300
12 Step Meetings	Alcoholics Anonymous	Online, Email, Chat Forums, Audio/Video, Discussion Forums, Phone	http://aa-intergroup.org/directory.php
12 Step Meetings	Cocaine Anonymous	Online, Email, Chat Forums, Audio/Video, Discussion Forums, Phone	https://www.ca-online.org/
12 Step Meetings	Narcotics Anonymous	Online, Email, Chat Forums, Audio/Video, Discussion Forums, Phone	https://www.na.org/meetingsearch/textresults.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance
AA Sober Living	Online recovery help for those in all stages of recovery	Online, Message Boards, Chats, Blogs, Daily/Weekly Readings	www.aasoberliving.com
In The Rooms	Meetings which embrace multiple pathways to recovery including all 12 step, Non-12 step, Wellness and Mental Health modalities	Online	https://www.intherooms.com/home
Mental Health & Counselling Services			
AHS - Mental Health Services	Individuals with experiencing emotional and mental problems affecting their lives Seniors services for thought and mood disorders or dementia	In-person, online or phone counselling	403-854-5276
Anchor Psychology including Hanna Family and Marriage Therapy Program	Individual, couples and family counselling. EMDR trained. Subsidy may be available.	In-person, online or phone counselling	403-334-9599
			bowens@anchorpsych.ca
Community Connect YYC	Calgary-based agencies providing rapid access counselling, bereavement, family support and sexual health counselling	Online and phone	https://www.communityconnectyyc.ca/
Youth Services			
Family Resource Worker	Provide services for youth and families to encourage, promote and enhance social and emotional well-being	Online service only currently	K - Grade 4 Worker: 403-854-3642 Ext. 6102
		Online	Grade 5 - 12 Worker: 403-854-4874
AHS - Community Youth Addictions and Mental Health	Supporting youth who have mental health issues that are affecting daily life	In-person, online or phone counselling	403-854-5276
Wheatland County Counselling	Non-judgemental supportive assistance managing child behavior, addictions, mental health diagnosis and resource navigation	In-person, online or phone counselling	403-901-3761
			admin@wheatlandcountycounselling.com
Kids Help Phone	Professional counselling, information, referrals, and volunteer text-based support for young people	Text, phone, Messenger, live chat	1-800-668-6868
			https://kidshelpphone.ca/