



Distress Numbers

Calgary

Distress Centre 24 Hour Crisis Line – Can provide crisis support to Calgary and Southern Albertans. They also have free short-term crisis counselling which ranges anywhere from 1-6 sessions. Intake form on their website distresscentre.com.

24/7 Crisis Line: [403-266-4357](tel:403-266-4357)

Calgary Communities Against Sexual Abuse provides a 24-hour support line and information line, as well as Crisis Intervention Counselling and Group Counselling.

24/7 Sexual Assault Support Line: [403-237-588](tel:403-237-588)

Strathmore

Wheatland Crisis Society provides ongoing support and services to women, men, and children affected by family abuse, and educational and community support services in Strathmore.

24/7 Family Abuse and Community Support Line: [403-934-6634](tel:403-934-6634)

Edmonton

CMHA 24 Hour Distress Line – Short-term crisis intervention, emotional support and resources to people in crisis or distress. Also support family, friends, and caregivers of people in crisis.

24/7 Crisis Line: [780-482-4357](tel:780-482-4357)

24/7 Seniors Abuse Helpline: [780-454-888](tel:780-454-888)

Whitecourt

Wellspring Family Resource and Crisis Centre provides support, information, and crisis services in the Whitecourt area with priority given to those dealing with family violence.

24/7 Crisis Line: [780-778-6209](tel:780-778-6209)



Southwestern Alberta

CMHA Distress and Suicide Prevention Line for Lethbridge and area –tele support for individuals in distress who require support, intervention, and information/referral services.

24/7 Crisis Line: [403-327-7905](tel:403-327-7905)

Northeastern Alberta

“Some Other Solutions Society” for Crisis Prevention provides emotional support to individuals struggling with life challenges and crisis situations, 24/7. Confidential and anonymous service for those in Fort McMurray and Northeastern Albertans.

24/7 Crisis Line: [780-743-4357](tel:780-743-4357) / [1-800-565-3801](tel:1-800-565-3801)

Indigenous Counselling

First Nations and Inuit Hope for Wellness Help Line provides telephone and chat crisis intervention counselling support for First Nations and Inuit persons.

24/7 Crisis and Counselling Line: [1-855-242-3310](tel:1-855-242-3310)

Alberta

211 Alberta – Free, confidential, 24/7 information and referral service offered in 170+ languages.

Health Link 811- 24/7 nurse advice and general health information for Albertans

Addictions Helpline – 24/7 support, information, and referral line for those dealing with any type of addiction. [1-866-332-2322](tel:1-866-332-2322)

Mental Health Helpline- 24/7 support, information, and referrals for those with mental health concerns. [1-877-303-2642](tel:1-877-303-2642)

Family Violence Information Line – 24/7 helpline for those experiencing family violence or for anyone with questions about family violence. Can provide information about FV programs and services and advice and support. [310-1818](tel:310-1818)



Northwest Territories

NWT Helpline- 24/7 free and confidential line, which also has an option for follow up calls. This number can provide support with stress, suicidal thoughts, abuse, sexual assault, depression, and anxiety.

24/7 Crisis Line: [1-800-661-0844](tel:1-800-661-0844)

Canada

Canada Suicide Prevention Services – [1-833-456-4566](tel:1-833-456-4566) or Text [45645](tel:45645)

Kids Help Phone – [1-800-668-6868](tel:1-800-668-6868) or text [686-868](tel:686-868)

Group Counselling

Calgary

Calgary Counselling Centre

- Depression
 - Take Charge of Your Life- 14-week program for adults to expand on their skills and tools to defy depression and manage anxiety.
- Eating Disorders
 - Overcoming Eating Disorders- 14-week program that helps you challenge your thoughts around food and your body.
 - Workshop for Family and Friends- Learn how to cope and support a loved one who is suffering with an eating disorder.
- Domestic Abuse
 - You are not Alone- 14-week program that connects you with other women who have experienced abuse in a safe space. You learn personal empowerment, communication skills, and how to build a safety plan.
 - Responsible Choices for Women- Understand and learn to change your aggressive behavior in a 14-week group program.
 - Turn for the Better- 14-week program for men who have experienced abuse in a relationship. Connect through shared experiences and learn coping skills.
 - Responsible Choices for Men- 14-week program to change your life and relationships for the better, help develop healthy feelings and emotions, empathy, and maintaining change.



- Self-Esteem
 - Building Esteem- 12-week program that will help you adapt your thoughts and adopt a healthier and more positive self-awareness.
 - Women and Self-Esteem- 12-week women's only group to challenge negative self-thoughts and build your personal strengths and boundary setting.
 - Self-Esteem for Adolescents - 12-week program for teens to develop the tools needed to create a positive, strong, sense of self and develop good relationships.
- Children of Divorce (Ages 4-16)
 - 10-week program that helps youth reduce the trauma of divorce and separation through coping skills and a safe space. There is a simultaneous group for parents to help them improve their communication skills with their child and develop a healthy co-parenting relationship.
- Responsible Choices for Children (Ages 5-16)
 - 10-week program for children and their parents to learn how to deal with big emotions, problem solve, and how to deal with peer pressure.

Inspired Minds Wellness Centre

- DBT Skills Group
 - 15-week open psycho-educational group. Sessions are continuously running and new participants are able to join when the group is on the mindfulness module. This group will assist those struggling with substance use, eating disorders, depression, anxiety, interpersonal relationships, emotion management, mood swings, stress, suicidal thoughts, self-harm, high risk behaviour, and borderline personality disorder. You will learn mindfulness skills, distress tolerance skills, emotion regulation, and how to improve daily functioning.

DBT Skills YJC

- Distress Tolerance
 - An 8-week skills group that teaches individuals how to effectively manage crisis without making the situation worse, helping them move towards successful resolutions. Additionally, this group provides people with strategies on how to manage pain and decrease suffering.
 - Cost: \$600
- Emotion Regulation
 - An 8-week skills group that teaches individuals how to identify and understand emotions and change emotions that are not working for them. They learn to reduce their emotional vulnerability and increase resilience.
 - Cost: \$600



- Interpersonal Effectiveness
 - An 8-week skills group teaches individuals how to clarify what they want for their relationships, how to maintain relationships, and how to increase one's abilities to set boundaries with others.
 - Cost: \$600

Karuna (Cochrane)

- Group Therapy for **depression, anxiety, trauma, low self-esteem, and parent-child relationship**. Groups run based on the number of participants interested, so not always available.

Simply Counselling Services

- Parent Talk
 - A 6-week parenting group to help parents reflect on their strengths and experiences and learn practical skills and parenting approaches.
- Teen Talk
 - A 6-week group for youth to connect in a safe space and develop insight into behaviors, feelings, thoughts, and emotions. They also get the opportunity to learn new skills and abilities from the group.
- Art Talk
 - 6-week youth group to practice different art-based interventions each week to learn more about yourself and others. A way to express feelings, thoughts, and emotions in a safe space.

Connection and Confidence Groups for Children and Teens

- This agency has 8-week groups for children and adolescents that are struggling with communication, conflict, and problem solving.
 - They specialize in Process and Content groups, DBT, Social Skill groups, CBT, ACT, and Collaborative Problem solving groups.

Edmonton

Edgar Psychological

- DBT-Informed Skills Training Program
 - A 12-week program informed by DBT, designed to help you learn skills to cope with overwhelming emotions, reduce impulsivity, enhance interpersonal relationships, and ultimately achieve your own personal goals. You will learn mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Ero-psychological

- Skillful Living: A DBT-informed skills training series (virtual)
 - 6-session modules on Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness



Solace Psychology

- Provide various talk therapy (process) groups as well as psychoeducational (skills) groups. Groups use a variety of modalities such as **DBT, CBT, Attachment therapy, Art Therapy, and others**. Additionally, they offer short workshops for kids, teens, adults, families, and businesses.

PCN- Edmonton Oliver

- This organization has virtually facilitated groups/classes that are aimed at helping you manage and improve your health. These groups are typically 8 weeks and some require a doctor referral. The groups include MBCT Group, Grief Support Group, Happiness Basics, Minding Stress, Adult Anxiety, and more.

<https://www.eopcn.ca/classes/mental-health-classes/edmonton-area-mental-health-classes/>

Mira Health Centre

- 8-week MBCT for depression group
 - Group is 2 hours weekly, with up to one hour of daily homework.
 - Need a doctor to send a referral for this program, no additional cost.
 - Call: 780-453-3757 to register