



## Helpful Services and Supports

Access Mental Health	403-943-1500
Distress Centre	403-266-4357
Eastside Family Services (walk-ins)	403-299-9696
Hospice Calgary (Grief Counselling)	403-263-4525
South Calgary Mental Health (Walk-ins)	403-943-9374
Kid's Help Line (See website)	1-800-668-6868
The Alex Youth Health Centre	403-520-6270
1116 Centre Street S.E.	
Youth Addiction Services	403-297-4664

