

Counselling Services in Calgary & Area

- [Distress Centre](#) – Distress Centre offers no-fee, short-term crisis counselling for individuals, couples, families and groups. To request an intake, please call our 24-hour crisis line at 403-266-HELP (4357).

Walk-in Counselling Services:

- [Eastside Family Centre](#) – No fee, walk-in counselling and referrals on a first come, first serve basis. This service provides a 50-minute session with a qualified mental health professional. Phone: 403-299-9696.
Address: #255, 495 – 36 St NE (In Northgate Mall) Calgary, AB T2A 6K3. [Click here for map.](#)
- [South Calgary Health Centre](#) – No fee, single-session, walk-in therapy with a health professional. Phone: 403-943-9374.
Address: 31 Sunpark Plaza SE, Calgary, AB T2X 3W5 (2 floor, Mental Health Area. Use North entrance, take elevator to second floor and ask for Walk-In.)
- [Sheldon Chumir Walk-In Crisis Service](#) – Services offered may include intervention, referrals, information and/or plans for follow-up as required.
Address: 1213 4 St SW Calgary, AB T2R 0X7

Other Counselling Services:

Please contact the organizations listed below for more information on the counselling services offered. Fees for the following counselling services are based on a sliding scale, according to the client's ability to pay.

- [Calgary Counselling Centre](#) – For intake, visit their [website](#) or call 403-691-5991.
- [Calgary Family Services](#) – To initiate the counselling process, call the Intake Coordinator at 403-205-5244.
- [Catholic Family Services](#) – You do not need to be affiliated with their faith to access counselling. To request an intake, call 403-233-2360.
- [Jewish Family Services](#) – You do not need to be affiliated with their faith to access counselling. To request an intake, call 403-287-3510.