

Mental Health Resources for the Bow Valley

If you are experiencing an emergency please call 9-1-1

Canmore

1. Canmore Family Resource Centre

- This centre provides a range of support for families, including youth counseling, parenting support and referral services for mental health and addiction issues. They also offer guidance for managing teen behaviour and emotional well-being.

Contact Information

Location: 600 9th Street, Canmore, AB

Website:

<https://www.canmore.ca/your-community/community-supports-and-services/family-connection-centre>

Telephone: 403-678-3229

Hours of operation: Monday - Friday, 8:30am - 4:30pm

Saturdays, 8:30 am - 12:00pm

Sundays, Closed

2. Alberta Health Youth Mental Health Services

- This clinic offers mental health counseling for youth aged 12 to 17. They also provide access to recreational therapy, psychoeducational assessments, and psychiatry services.

Contact Information

Location: Canmore Boardwalk Building, Suite 101

Address: 743 Railway Avenue

Canmore, Alberta

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Website:

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1060409&serviceAtFacilityID=1093781>

Telephone: 403-678-3133

Tollfree: 24 hour Helpline 1-866-332-2322

Hours of operation: Monday - Friday 8:15am - 4:30pm

Banff

1. YWCA-

- This centre provides confidential counseling, community education programs, housing services and support for those experiencing domestic or intimate partner violence.

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2. Turning Point - Mental Health Stoney Health Services

- This centre provides confidential counseling and referrals for addictions support

Contact Information

Location: Stoney Health Services Trailer 23, Headstart Parking Lot

Website:

Telephone: 403-881-2877

Hours of operation: Monday - Friday, 9:00am - 4:30pm

Cochrane

1. Link to Circle of Supports in Cochrane and West Rocky View County:

https://www.cochrane.ca/sites/default/files/2024-02/Circle%20of%20Supports_0.pdf

After Hours Teen Help Lines

1. Suicide Crisis Help line - 9-8-8 (available 24/7, 365 days a year)
2. Canada Suicide Prevention Service - phone: toll free 1-833-456-4566, text: 45645, chat: www.crisisservicescanada.ca available in french and english
3. Kids Help Phone Line 1-800-688-6868, Text: 686868
4. Hope For Wellness Help Line- 24/7 Phone Counselling - First Nations and Inuit. 1-855-242-3310
5. Calgary Distress Centre: ConnecTeen, phone: 403-264-TEEN(8336), text: 587-333-2724, chat: calgaryconnecteen.com
6. Canadian Mental Health Distress Line: 403-327-7905
7. Bully Line for Teens: 1-888-456-2323
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Alberta Wide

1. <https://www.albertahealthservices.ca/assets/info/amh/if-amh-ydt-digital-technology-addiction-and-mental-health-resources.pdf>