Information & Resources

Alcohol & Substance Use

CFP: Alcohol Use Disorder Tool: https://cep.health/clinical-products/alcohol-use-disorder/


University of British Columbia. Faculty of Medicine. Addiction Care and Treatment Online Course. 2020: https://ubccpd.ca/course/addiction-care-and-treatment


Infographic on alcohol, and cannabis use: https://ccsa.ca/covid-19-alcohol-and-cannabis-use-infographic


Partner Abuse

Signal for Help: https://canadianwomen.org/signal-for-help/

Alberta Health Abuse Hotline: 1-855-4HELPAB (1-855-443-5722)

Family Violence Info Line: 310-1818


Children and Youth

Child Abuse Hotline: 1-800-387-5437

Southern Alberta Child Intervention Services: 403-297-2995

Phone consultation with Child Abuse Physician: Call ACH switchboard at 403 – 955 – 7211 and ask for Child Abuse Physician on call

Child abuse service (CAS): Phone: 403 – 428-5301 Fax 403 – 428-5307

- Medical team: referral only (MD, Children’s Services, CPS/RCMP)
- Therapy (i.e. Crisis Intervention, Problem Sexual Behaviours, etc)
Calgary and Area Child Advocacy Centre: https://calgarycac.ca/


Kids Help Phone 1-800-668-6868

Calgary Connecteen: https://calgaryconnecteen.com


Middlebrooks JS, Audage NC. The Effects of Childhood Stress on Health Across the Lifespan. Atlanta (GA): Centers for Disease Control and Prevention, National Center for Injury Prevention and Control; 2008.

ACEs Too High News link, http://ac estoohigh.com/got-your-ace-score/

Substance Abuse and Mental Health Services Administration: www.samhsa.gov

www.ahs.ca/helpintoughtimes.ca (AHS Login required)


*Internet Use & CoVID19


**Social Services and Shelters**

Community and Social Services Help Line 211 Texting available to 211

Calgary Communities against Sexual Assault (ages 12+) 403 237 6905

Access Mental Health 403-943-1500

Mental Health Helpline 1-877-303-2642

Distress Centre 403-266-4357

Calgary Counselling Centre 403-691-5991 [https://calgarycounselling.com/counselling](https://calgarycounselling.com/counselling)

Catholic Family Services 403-205-5295 intake@cfs-ab.org

Rapid Assess Counselling 403-233-2360

Eastside Family Centre 403-299-9696 etherapy@woodshomes.ca

Wood’s Crisis Response Team 403-299-9699 Text 587-315-5000

Alberta Health Services - Help in Tough Times [https://www.albertahealthservices.ca/amh/Page16759.aspx](https://www.albertahealthservices.ca/amh/Page16759.aspx)

The Calgary Food Bank 403-253-2059 [https://www.calgaryfoodbank.com/](https://www.calgaryfoodbank.com/)

Alberta Council of Women’s Shelters: 1-866-331-3933 [www.acws.ca](http://www.acws.ca)

Calgary Women’s Emergency Shelter 403-234-7233

YW Sheriff King Home (Domestic Violence Shelter) 403-266-0707

Awo Taan Healing Lodge (emergency women’s shelter) 403-531-1972