



Wellness Desk

Un comptoir de ressources
favorisant le bien-être mental



La bibliothèque publique de Calgary

- Établie en 1912
- 21 bibliothèques communautaires
- 20 000 personnes chaque jour
- 16 000 000+ circulation chaque année





La bibliothèque centrale

- Ouvert en 2018
- 240 000 pieds carrés
- 400 000+ livres
- 200 ordinateurs
- 35 espaces réservables
- 2 000 programmes gratuits par année

- Ouvert en octobre 2020
- Utilisé en moyenne, par 25 personnes par mois (à la bibliothèque centrale)



- Co-entreprise entre la bibliothèque publique et *Wood's Homes*
- Financé par *Change Can't Wait* de la ville de Calgary et des donateurs privés

Calgary  **Change Can't Wait!**



Calgary's
Comeback



WOOD'S HOMES
WORKING FOR CHILDREN'S MENTAL HEALTH
SINCE 1914



- Six heures, quatre jour par semaine à la bibliothèque centrale
- Six heures, un jour par semaine dans chacune des deux plus grandes bibliothèques communautaires
- Téléphone et SMS disponible 24 heures sur 24



Anything troubling you? We can help.

Access free mental health and addictions support, health information, and referral to services by calling or texting with a mental health professional.

This free service is available by calling 403.299.9699 (8 am – 11 pm) or texting 587.315.5000 (9 am – 10 pm).

Central Library Hours

Tuesday and Wednesday: 11:00 am – 5:00 pm
Thursday: 2:00 pm – 8:00 pm
Friday: 12:00 pm – 6:00 pm

Central Library Wellness Desk is located in room 3-19A.

Crowfoot Library Hours

Monday: 2:00 pm – 8:00 pm

Shawnessy Library Hours

Wednesday: 2:00 pm – 8:00 pm

In partnership with Wood's Homes. This initiative is generously supported by the City of Calgary, Boone-Poole Family Foundation, and donors of the Calgary Public Library Foundation.

Mental Health Resources

Crisis Counselling

[Calgary Distress Centre](#)

24-hour crisis counselling conducted over the phone.

[Eastside Mental Health Community Services \(Urgent\)](#)

Available to support families in crisis over the phone or in person.

[Hope For Wellness Helpline](#)

This resource offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

For kids, teens, and parents

[Calgary ConnecTeen](#)

Phone, text, chat, or find mental health resources for teens and parents. Run by the Calgary Distress Centre.

[Equipped from CMHA Calgary](#)

EQUIPPED offers mental health courses and tools for young adults. It provides an online platform for learning through modules and workbooks.

[Kids Help Phone Canada](#)

Phone, text, chat, or find resources for children and teens looking for mental health support.

- Accessible à tous et à toutes
- Une carte de bibliothèque n'est pas requise
- Service de manière anonyme

Questions?

