**Students Distress Centre Club**

Students Distress Centre Club - Students' Association of Mount Royal University

**Club Description**: The Students’ Distress Centre Club (SDCC) aims to raise awareness about the Calgary Distress Centre and other resources available to Mount Royal University students in Calgary. This is achieved through collaboration with other clubs and organizations on projects which address mental health concerns, provide crisis support, or promote self care activities and wellness. The SDCC  facilitates opportunities for club members and students to engage in discussions regarding mental health and crisis intervention. The SDCC also supports the Calgary Distress Centre through fundraising, referrals, and collaboration.

**Club Mission**: To promote self-care activities, educate students about resources around Calgary, and increase mental health awareness on Campus.

Email - [studentdcclub@gmail.com](mailto:studentdcclub@gmail.com)

Facebook - [www.facebook.com/studentsdistresscentreclub](http://www.facebook.com/studentsdistresscentreclub)

Website - <http://www.samru.ca/club/samru-clubs/>