

RESOURCES



- 211 Alberta - 2-1-1 - www.ab.211.ca
- 988 Suicide Crisis Helpline - 9-8-8 - www.988.ca
- AHS Mental Health Helpline - 1-877-303-2642 - <https://www.albertahealthservices.ca/amh/page16759.aspx>
- Alberta's One Line for Sexual Violence - 1-866-403-8000
- Distress Centre - 403-266-HELP (4357) - www.distresscentre.com
- Eastside Community Mental Health Services - 403-299-9699 - <https://www.woodshomes.ca/eastside-community-mental-health-services/>
- FearIsNotLove (formerly Calgary Women's Emergency Shelter) - 403-234-SAFE (7233) - www.fearisnotlove.ca
- First Nations and Inuit Hope for Wellness - 1-855-242-3310 - www.hopeforwellness.ca
- Health Link - 811 - www.albertahealthservices.ca/811
- Recovery on Campus - www.recoveryoncampusalberta.ca
- Trans Lifeline - 1-877-330-6366 - www.translifeline.org

