

## **Mental Health Resources**

Distress Centre (24h support) - <https://www.distresscentre.com/>

Canadian Mental Health Association - <https://cmha.calgary.ab.ca/>

Alberta Health Link - <https://www.albertahealthservices.ca/info/page12630.aspx>

Cups Calgary - <https://www.cupscalgary.com/programs-services/health/shared-care-mental-wellness-services>