

## Mental Health Resources and Support

This topic may bring up difficult feelings or emotions. Support is available for anyone who is negatively impacted by these memories, and we encourage you to reach out for help.

### 資源及支援

任何受記憶不利影響的人士都可以獲得支援，我們鼓勵受影響者積極尋求協助。以下資源均可匿名獲取。

### 资源及支持

任何受记忆不利影响的人都可以获得支持，我们鼓励受影响者积极寻求帮助。以下资源均可匿名获取。

<b>Eastside Community Mental Health Services</b>	<b>Community Connect YYC</b>
Phone <b>(403)-299-9699</b> , text, chat and in-person 8 am to 11 pm 7 days a week.  <b>Main Location:</b> #255 495 36 St. NE	<a href="http://communityconnectyyc.ca">communityconnectyyc.ca</a>  Rapid access counselling including counselling for immigrants and in first languages.
<b>Alberta Health Services - Access Mental Health</b>	<b>Distress Centre</b>
Provides information, consultation, and referral to people in the Calgary zone who have addiction and/or mental health concerns.  Telephone: <b>(403) 943-1500</b>	If you feel you are in a crisis right now, please call the Distress Centre.  Hours: 24 hours, 7 days a week Phone: <b>403-266-4357</b> Website: <a href="http://distresscentre.com/">distresscentre.com/</a>