



OUR COMMUNITY. OUR FUTURE.

Emergency Services

(Fire, Police, Ambulance)

9-1-1

I NEED SUPPORT TODAY

EMERGENCY HOUSING

Calgary Women's Emergency Shelter (*women & children only*): 403.234.7233

Inn from the Cold (*family*): 403.263.8384

Mustard Seed: 403.723.9422

DOMESTIC VIOLENCE

Calgary Women's Emergency Shelter (*women & children only*): 403.234.7233

CARYA (*Domestic Violence*): 403.269.9888 ext 1

Maskan Shelter (*first languages available*):
403.971.2774

FOOD

Salvation Army Emergency Food Hampers:
403.220.0432 (SE) | 403.930.2700 (SW) |
403.275.1827 (NW)

Women's Centre: 403.264.1155

The Alex Community Health Centre
(Forest Lawn) – Food: 403.255.5792

MEDICAL

Health Link | *24-hour free health advice with interpretation available*
8-1-1

Mobile Response Team | *Urgent mental health support, and consultation in crisis situations*
403.266.4357

EMOTIONAL SUPPORT

24-hour crisis lines with interpretation available

Distress Centre: 403.266.4357

Kids Help Phone: 1.800.668.6868

COMMUNITY RESOURCE LINE

24-hour information line for Alberta social services & resources with interpretation available
2-1-1

MY SUPPORTS

Friend (ph): _____

Community leader (ph): _____

Faith leader (ph): _____



OUR COMMUNITY. OUR FUTURE.

I NEED SUPPORT THIS WEEK

The Immigrant Education Society
Healthy Minds 587.393.3414
tieshealthyminds.ca

Eastside Community Mental Health Services
Call: 403.299.9699 | 8am - 11pm
Text: 587.315.5000 | 9am - 10pm

Community Connect YYC | *online system
to book an appointment within a week*
communityconnectyyc.ca

HELP IS JUST A PHONE CALL AWAY

I NEED SUPPORT THIS MONTH

Centre for Refugee Resilience
403.290.5466

Centre for Newcomers
vpreferral@centrefornewcomers.com
403.569.3325

Punjabi Community Health Services
587.999.9312

The Alex Health Addiction (*Health card required*)
403.277.9869

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada