

# RESOURCES

# HELP IS AVAILABLE!



Diganáðàts'idimidahí

**IF there is an emergency,  
please call 9-1-1.**

There are support services available in your area.  
**YOU ARE NOT ALONE, SUPPORT IS AVAILABLE.**

## TSUT'INA AND AREA RESOURCES

TSUT'INA HELPLINE  
403.819.6602

TSUT'INA HEALTH AND WELLNESS SERVICES  
403.251.7575

TSUT'INA NATION POLICE SERVICES NON-  
EMERGENCY  
403.271.3777

SUICIDE PREVENTION HOTLINE  
1.800.784.2433

MENTAL HEALTH HELP LINE  
1.877.303.2642

TEEN LINE  
403.264.8336

24/7 FAMILY VIOLENCE HELP LINE  
403.310.1818

988 SUICIDE CRISIS LINE  
403-819-6602 SUPPORT LINE

SEXUAL ABUSE CRISIS LINE  
403.237.5888

SEXUAL VIOLENCE SUPPORT LINE  
1.866.403.8000

NATIONAL DOMESTIC VIOLENCE HOTLINE  
1.800.799.SAFE

KIDS HELP LINE  
1.800.668.6868

CALGARY DISTRESS CENTRE  
403.266.4357

AHS INDIGENOUS SUPPORT LINE  
1.844.944.4744 OR 8-1-1

HOPE FOR WELLNESS  
1.855.242.3310

AHS GRIEF SUPPORT  
403.955.8011

