



TSUUT'INA HEALTH AND WELLNESS SERVICES



PHONE: 403.251.7575. CLINIC FAX: 403-238-1481 72 BULLHEAD RD TSUUT'INA, AB T3T 0A6

MEMORANDUM

TO: Tsuut'ina Nation Citizens & Residents

FROM: Lacy Runner, MC CCC Director of Health & Wellness Services

CC: Head Chief, Minor Chiefs & Senior Management & Health Committee

DATE: August 8, 2025

RE: Mental Health Supports

Dzinisi guja,

If you are feeling overwhelmed and in need of mental health support, please know that you are not alone. We encourage you to reach out to the caring professionals at Tsuut'ina Health & Wellness Services, whose contact information is provided below. They understand the challenges you may be facing and are ready to assist you with compassion and understanding. We also have a list of external support services available to help you on your journey. Remember, seeking help is a brave step, and we are here to support you every step of the way.

If you need help now

- 9-1-1 for immediate emergencies
- 9-8-8 Suicide Crisis Helpline (call or text 24/7): 9-8-8.
- Distress Centre Calgary (24/7 call/text/chat): 403-266-HELP (4357).
- AHS Mental Health Helpline (24/7 Alberta-wide): 1-877-303-2642.
- AHS Addiction Helpline (24/7 Alberta-wide): 1-866-332-2322

Tsuut'ina Health & Wellness Services

- Support Line 403-819-6602
- Mental Health Therapist (Health Director), Lacy Runner 403-462-9164
- Mental Health Liaison, Cathy Jarman 587-834-1097
- Lead Mental Health Therapist, Richard Leblanc 403-835-9705
- Outreach & Harm Reduction Coordinator, Courtland Fox 403-542-6853
- Lucas Heavenfire, Outreach Peer Support 587-839-0644
- Graham Rowan, Outreach Peer Support 587-836-0491
- Jared McNabb, Youth Outreach Support 587-839-0632
- Alessandra Campagnolo, Youth Outreach Support 403-477-5001