



# TSUUT'INA HEALTH AND WELLNESS SERVICES



Diganáats'idinidali

PHONE: 403.251.7575. FAX: 403-251-1627

72 BULLHEAD RD TSUUT'INA, AB T3T 0A6

## MEMORANDUM

Date: August 22, 2025

To: All Departments

From: Tsuut'ina Health & Wellness Services

Cc: Head Chief & Minor Chiefs  
Senior Management  
Executive Directors  
Nation Citizens

RE: Tsuut'ina Wellness Services-Out of Office

---

Dzinisi guja,

The Tsuut'ina Wellness Program (Spirit Healing Lodge) will be out of office for the dates of August 25<sup>th</sup> to the 29<sup>th</sup> for strategic planning. For support, please refer to the contact information below.

### **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 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 587-839-0491
- Jared McNabb, Youth Outreach Support 587-839-0632
- Alessandra Campagnolo, Youth Outreach Support 403-477-5001

Siyisgaas,

Lacy Runner MC, CCC  
Director of Health & Wellness Services