



# TSUUT'INA HEALTH AND WELLNESS SERVICES



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

## Tsuut'ina Health & Wellness Services List of Resources

**Mission:** *"To provide best practices for overall health and wellness by incorporating Tsuut'ina culture and language to build a healthy community."*

**Vision:** *"Fostering a healthy Tsuut'ina Nation that embodies physical, mental, emotional, and spiritual holistic health."*

**Values:** *Respect, Integrity, Community & Relationships*

**Respect:** Responsibility intersects various areas with an individual's wellness journey. It involves practicing mutual accountability and reciprocity. It involves maintaining a healthy, balanced life and showing leadership by modelling wellness and healthy behaviours for future generations to practice becoming future leaders of the Tsuut'ina Nation.

**Relationships:** Relationships and responsibility go hand in hand when building trusting and respectful professional relationships not only with Tsuut'ina Nation citizens but also with other partnering programs to provide the services needed to support an individual's overall well-being. Strong relationships can assist in the sense of connection and support that is essential to the healing process from intergenerational and historical trauma. Nurturing solid and healthy relationships creates compassion and resilience.

**Integrity:** To be held accountable and practice high standards of ethics involving client care to ensure every individual's needs are met and supported through appropriate ethical decision-making,

**Community:** To provide support, guidance, and a sense of belonging to all Tsuut'ina Nation citizens by fostering unity and solidarity for citizens to thrive and overcome adversity.

### If you need help now

- 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 Jarmain 587-834-1097
- Lead Mental Health Therapist, Richard Leblanc 403-835-9705
- Outreach & Harm Reduction Coordinator, Courtland Fox 403-542-6853
- Health & Cultural Support, Craig Firstrider 403-463-7268
- First Nations Client Liaison, Gold Adiele, 403-463-2827



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## **Indigenous-specific supports (mental health, grief, trauma)**

- Hope for Wellness Helpline (24/7; phone or online chat): 1-855-242-3310; chat at [hopeforwellness.ca](http://hopeforwellness.ca). Services in English/French, and on request in Cree, Ojibway, Inuktitut.
- National Indian Residential School Crisis Line (24/7): 1-866-925-4419 (for Survivors and families).
- AHS Indigenous Support Line (South & North Zones): 1-844-944-4744 (Mon–Fri, noon–8 p.m.). Culturally safe navigation and health advice.

## **In Calgary (urban Indigenous services)**

- Indigenous Mental Health Program – Sheldon M. Chumir Health Centre (intake): 403-955-6645 (culturally appropriate mental-health care). Address: 1213 4 St SW.
- Elbow River Healing Lodge (primary care clinic for First Nations, Métis, Inuit): Indigenous-focused primary care; call for appointments. Located at Sheldon M. Chumir Health Centre.
- Access Mental Health – Calgary Zone (non-urgent intake & referral): 403-943-1500 or 1-844-943-1500.
- Awo Taan Healing Lodge Society (Indigenous women & children; 24/7 crisis lines): 403-531-1972 or 403-531-1976.
- Aboriginal Friendship Centre of Calgary (urban Indigenous programs, cultural reconnection, outreach): program hub for culture, family supports, and housing navigation.
- Distress Centre Calgary (local 24/7 crisis, counselling, and 211 navigation): 403-266-HELP (4357).

## **Additional Alberta navigation & grief resources**

- AHS “Help in Tough Times” (all helplines & supports, 24/7): summary page for MH&A supports.
- AHS “Grieving Together” (grief support + local crisis lines): includes Calgary 403-266-4357.