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Useful Resources

Calgary Distress Centre:

<https://www.distresscentre.com/>

Alberta Health Services - Addiction and Mental Health:

<https://www.albertahealthservices.ca/amh/amh.aspx>

Access Mental Health:

<https://www.albertahealthservices.ca/services/page11443.aspx>

Center for Addiction and Mental Health:

<https://www.camh.ca/en/health-info>

Mental Health Commission of Canada:

<https://www.mentalhealthcommission.ca/English/resources>