



# SAIT Student Development & Counselling (SDC)

SDC will be closed starting December 24, 2020 and will re-open January 4, 2021.

If you need support, refer to the following community resources!

## Calgary Crisis Supports!

### Calgary Distress Centre

T: 403.266.4357 (HELP) available (24/7)

Free & confidential phone and text support

### Mobile Response Team (MRT)

T. 403.266.4357 (Contact through the Distress Centre) 7 days a week 9:30 am to 9:30 pm

Free & confidential telephone and mobile support from mental health professionals

### Urgent Care -Mental Health (Alberta Health Services)

T. 403.955.6200

Address: Sheldon M. Chumir Health Centre  
1213 4th Street SW

In-person, intake & support with mental health professionals. Available 24/7

Alberta Family Violence Information Line

T. 403.310.1818

Community Resource TEAM (CRT - Wood's Home)

T: 403.299.9699 available 24/7

Free & confidential phone and text support

Click on Map for more resources in Calgary, Alberta and across Canada!



Click on your Province or Territory for resources.

Call 911 for emergency assistance across Canada!