



DISTRESS CENTRE

24 HOUR SUPPORT | COUNSELLING | RESOURCES

403.266.HELP
me feel heard.

“For three years you helped me. I am a victim of abuse/violence. 40 years in silence. Somehow I found your phone number. I called 266-HELP. Thanks for all the many nights and days over the three years on the phone. I am safe now.”

- Crisis Line Caller

distresscentre.com

24
HOUR

CRISIS LINE
403.266.HELP(4357)



DISTRESS CENTRE

24 HOUR SUPPORT | COUNSELLING | RESOURCES

We are here for you 24/7

- Confidential crisis support
- We do not define crisis
- Immediate access to professional counselling
- Phone support available in over 200 languages
- Daily online support
- Free service

Everyone is heard.

DistressCentre.com

DISTRESS CENTRE

Suite 300, 1010 - 8th Avenue SW, Calgary, AB T2P 1J2

email: info@distresscentre.com main office: 403.266.1601

24 hour crisis line: 403.266.HELP (4357)