

## How to Reach Us

Anyone can contact us by calling  
Distress Centre Calgary at  
**403-266-HELP (4357)**  
and asking for the Mobile Response  
Team.

We can give you help over the  
telephone and/or arrange to meet  
you somewhere.

We are available from  
9:30 a.m. - 9:30 p.m., 7 days a week.

We can help at **any** stage of a crisis,  
from preventing it to managing it.

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This material is designed for information  
purposes only. It should not be used in  
place of medical advice, instruction and/or  
treatment. If you have specific questions,  
please consult your doctor or appropriate  
healthcare professional.



[www.albertahealthservices.ca](http://www.albertahealthservices.ca)



## Mobile Response Team (MRT)

### Who we are

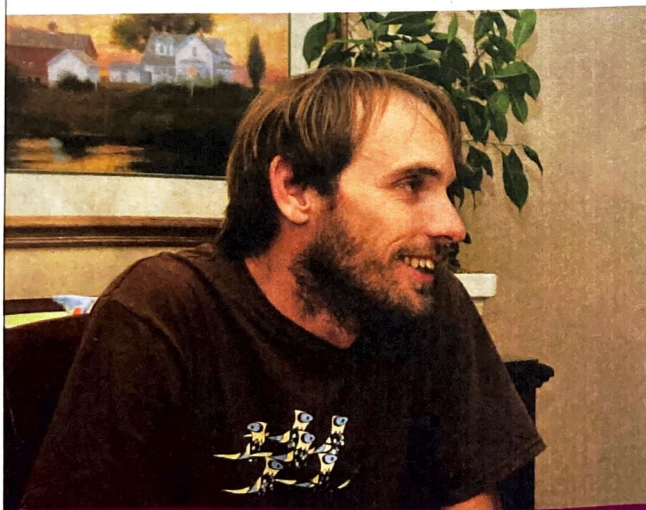
The Mobile Response Team (MRT) is a team  
of nurses, social workers and psychologists  
who are here to help. Anyone can call us —  
no referral needed.

Addiction and Mental Health

## What We Can Help With

We help people with things like:

- Relationship problems
- Stress, trouble coping
- Thoughts of harming yourself or others
- Feeling anxious or very worried
- Addiction (trouble with drugs, alcohol, gambling)
- Depression or other mental health concerns
- Post-partum depression (feeling "down" or "blue" after having a baby)
- Dealing with the loss of someone or something important to you



## How We Help

We offer the following free and confidential services:

- Crisis prevention and intervention
- Information and support (for those concerned about someone they care about)
- Consultation (we work with other professionals to help)
- Public education (on our service and many mental health topics)

If you would prefer service in a language other than English, we can provide an interpreter. Please advise us of your language preference. This service is provided by Alberta Health Services at no cost to you.