



REFERRAL  
PATHWAY

# DISTRESS LINE OF SOUTH WESTERN ALBERTA

Canadian Mental Health Association, Alberta South Region



## IS THIS PROGRAM/SERVICE FOR ME?

This program/service is for individuals who are in distress or crisis.

## WHO DO I NEED TO TALK TO?

When you call, you be speaking to a Distress Line Worker.

## WHAT I SHOULD KNOW ABOUT THE PROGRAM/SERVICE

This program/service can only be accessed through calling.  
Support provided in English.

Services are triaged on a first call, first served basis.

This program/service is available for no cost.

## CONTACT INFORMATION

 403-327-7905, toll-free 1-888-787-2880

 Located in the community

 [admin@cmhalethbridge.ca](mailto:admin@cmhalethbridge.ca)

 <https://lethbridge.cmha.ca/>

 24/7

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more information*

