Hello Neighbour!
Do you need support?

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I wanted to let you know about resources in our community that may help:
- Canadian Mental Health Association Distress Line—403-327-7905
- Mental Health Helpline—1-877-303-2642
- Addictions Helpline—1-866-332-2322
- Domestic Abuse (YWCA) Crisis Line—403-320-1881
- Alberta Health Services Health Link—811
- Sign up for a Community Check-in Call—403-332-4320 (press 1)
- City of Lethbridge—311
- Community Support Services: www.Lethbridge.ca/covidsupport
- COVID-19 Information: www.Lethbridge.ca/covid-19

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