

If you need support, please reach out to:

- **Wegahta Berhane (outside Council Chambers) to debrief in-person.**
- **Calgary Distress Centre (Counselling support)**
 - Call or text 24/7 at 403-266-HELP (4357)
- **Calgary Counselling Centre (Counselling support)**
 - Online at calgarycounselling.com or at 833-827-4229
- **Community Connect YYC (Counselling support)**
 - <https://www.communityconnectyyc.ca/>
- **Get help with housing (Resource to find affordable housing)**
 - <https://findhousing.alberta.ca/>

