

Dear Post-Doctoral Associates,

We recognize that the conflict regarding Palestine and Israel has deeply impacted many members of our community. We understand that there are a variety of perspectives on this issue, reflecting the diverse backgrounds and experiences within our association.

Our association is committed to respect, inclusion, and the right to peaceful expression. We firmly support everyone's right to peaceful protest and emphasize the need for non-violence and respectful law enforcement.

For those who may need support during this time, we encourage you to make use of the university's mental health services and Alberta Health Services.

University-Based Resource:

University of Calgary Mental Health Services: 403-220-7174

Email: mhconsultant@ucalgary.ca

<https://www.ucalgary.ca/hr/wellness/wellbeing-worklife/mental-health>

Alberta Health Services (AHS) - Mental Health Services:

24/7 Mental Health Helpline: 1-877-303-2642

Distress Centre Calgary:

24/7 Crisis Line: 403-266-HELP (4357)

Online Chat: Available through their website.

Text Support: Text CONNECT to 741741 for crisis support.

Canadian Mental Health Association (CMHA) - Calgary Region:

Offers various programs and services for mental health support, including counseling, peer support, and educational workshops.

Contact: 403-297-1700

Calgary Counselling Centre:

Provides a range of counseling services on a sliding fee scale to accommodate all income levels.

Contact: 403-691-5991

Wood's Homes:

Provides mental health services, including a 24/7 crisis support line and walk-in counseling.

24/7 Crisis Line: 403-299-9699

Text Support: 587-315-5000