



IMPORTANCE OF MENTAL HEALTH SUPPORT

FOR FREE & CONFIDENTIAL
PROFESSIONAL SERVICES



WHY MENTAL HEALTH SUPPORT MATTERS

SAFE CONVERSATIONS

Talking openly helps remove fear and shame. It creates space where people feel heard and supported.

EARLY HELP

When people know the signs, they can get support sooner. Early care makes a big difference in long-term wellness.

STRONGER COMMUNITIES

Awareness helps us show up for each other. It builds understanding, connection, and trust.

counselling
ALBERTA

A division of Calgary Counselling Centre



CHALLENGES IN MENTAL HEALTH

- **STIGMA**
Many people feel judged or ashamed when talking about mental health. This stops them from asking for help when they really need it.
- **ACCESS BARRIERS**
Not everyone can find or afford the help they need. Long wait times, costs, or distance can make support harder to reach.
- **LACK OF AWARENESS**
Some people don't know the signs of mental health challenges; without understanding, problems can go unnoticed or misunderstood.

FOR MORE INFO



If you have any questions or need more information, please feel free to contact us. We're here to help reach out to us anytime.



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ABOUT US

Global Village Centre is a local organization that supports individuals and families through programs focused on mental wellness, education, cultural awareness, counselling and empowerment.

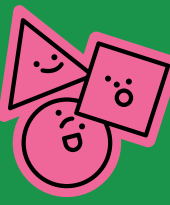
Our Commitment

We believe that everyone deserves to feel safe, supported, and valued. Through our mental health initiatives, we create welcoming spaces where people can heal, learn, and connect without judgment or barriers.



GLOBAL VILLAGE
Where the East meets the West

ACTIONS YOU CAN TAKE



How You Can Help

- Learn the signs of mental health challenges
- Talk about mental wellness with others
- Be a kind listener without judgment
- Share resources in your community
- Take care of your own mental well being

Every Action Counts

Raising awareness starts with one person. Your words, care, and support can help someone feel seen and never alone.

BOOK NOW!

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