

# Depression

## 1) What is depression?

Depression, also known as major depressive disorder, is a common yet serious medical condition that profoundly affects the way one feels, thinks, and behaves. Depression induces a sense of distress along with a lack of interest in things that were once enjoyed. It can also lead to a number of emotional and physical difficulties that can disrupt the ability of the individual to work on a daily basis and maintain healthy relationships. Factors such as genetics, traumatic life events, certain medications, and chemical imbalances in the brain can all cause depression. That said, depression is an illness that can be treated and statistics show that between 80 to 90 percent of individuals suffering from depression respond well to the treatment they receive. All in all, through an appropriate diagnosis and treatment, depression is an illness that one can overcome. Checking in on your own emotional well-being is the most important way for you to recognize if something is wrong and will make it possible for you to seek help in time.

The following are some common signs and symptoms to look out for when you think you or someone in your life may be dealing with depression.

Signs of depression;

- Prolonged sadness, lasting over a two week or more time period
- Loss of self-confidence
- Increased anxiety
- Increased self-isolation
- Inability to see a future for oneself

Symptoms of depression;

- Appetite changes, resulting in weight gain or loss
- Difficulty sleeping
- Loss of energy/increased fatigue
- Feeling worthless
- Thoughts of self-harm

## **2) How it affects people/the South Asian community**

To understand what depression really is, it is important to distinguish depression from general sorrow and grief. In unfortunate circumstances such as a loss of a loved one, a person is left to experience the feeling of grief and sorrow, which often results in one claiming that they are “depressed”. However, it is important to recognize that it is common to experience such feelings during times of distress, and it does not always mean that they are suffering from a mental illness. Although this fact remains true, both sadness and depression have similar characteristics, which means that one is often misinterpreted for the other. This misinterpretation can be particularly harmful to someone who is struggling with depression, as they will be advised to brush off what they feel and thus invalidating a serious mental illness. We see this problem as one that is extremely prevalent in the South Asian community, particularly when one decides to reach out and seek support from family members about their suffering. The misconception that depression is the same as sadness alongside the fear of “log kya kahenge”, people part of the South Asian community often never end up receiving the necessary treatment needed to overcome their depression. Unfortunately, this results in many individuals taking their own lives and/or individuals end up hurting others as a result of their own internal struggle. Therefore, it is imperative that we normalize reaching out for help as well as understand what it means to be depressed rather than throwing around the term as a synonym for sadness.

## **3) How/where to get help**

### **Calgary Counselling Center**

The Calgary Counseling Center offers a wide range of counselling programs that are available for all ages and various types of mental health issues. With the support of their healthcare staff and volunteers, they make their services easily accessible and tailored to individual needs. Some areas of counselling include depression, eating disorders, domestic violence, self-esteem, children and youth services, and many more. You can call the number below or go to the website to register for your counselling services.

#### **Website:**

<https://calgarycounselling.com/counselling>

#### **Address:**

Suite 1000, 105 – 12 Avenue SE  
Calgary, AB T2G 1A1  
Canada

#### **Phone:**

You can register for counselling by phone at 833.827.4229.

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

**Email;**

contactus@calgarycounselling.com

**CARYA**

CARYA provides services that focus on educating people about the significance of their emotional and physical well-being, as well as supporting individuals and families to overcome life challenges. They have a diverse range of services that cater to different age groups and focus primarily on addressing age-related lifestyle/role shifts that may cause anxiety and depression. More information can be found on their website.

**Website;**

<https://caryacalgary.ca/about-carya/>

**Address;**

180, 839 5 Ave SW  
Calgary AB, T2P 3C8

**Phone;**

Intake: 403-205-5244

Phone: 403-269-9888 (general inquiries)

Fax: 403-205-5281

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**The CARYA has multiple locations throughout the city. The following is the contact information to the locations.**

**Alexandra Centre**

The Way In (Central Calgary) – We've moved!  
Now located at carya's downtown office.

**Bowmont Office**

The Way In (North and West)  
5000 Bowness Road NW  
Calgary, AB  
T3B 0B9  
Phone: 403-286-1811  
Fax: 403-202-5641  
[google map](#)

**Bowmont Families Together**

Bowness Community Centre  
7904 43 Ave NW  
Calgary, AB  
T3B 4P9

**carya EAST**

428 9 Ave SE  
Calgary, AB  
T2G 0R9

**Confederation Park**

2212 – 13 Street NW  
Calgary, AB  
T2M 4P7  
Phone: 403-289-4780

**East Calgary**

255, 495 – 36 Street NE  
Calgary, AB  
T2A 6K3

**Family Centre for Inner City Communities**

*The Family Centre has moved to carya EAST*

**Forest Lawn**

3810 – 17 Avenue SE  
Calgary, AB  
T2A 0S4

**Heritage**

206, 8989 Macleod Trail South  
Calgary, AB  
T2H 0M2

**Heart of the NE**

Village Square Leisure Centre  
2623 – 56 Street NE  
Calgary, AB  
T1Y 6E7

## **Immigrant Services Calgary**

Immigrant Services Calgary provides individual, couple, and family counselling for immigrants and refugees, available on a sliding scale fee based on income (low-income friendly). Support includes areas such as: anger management, anxiety, depression, life transitions, loss and grief, parenting issues, self-esteem, marital conflicts, and other concerns.

Available in multiple languages including: English, French, Arabic, Cantonese, Farsi, Urdu, Hindi, Italian, Mandarin, Spanish, Polish, Punjabi and Tagalog.

**Website;**

<https://www.immigrantservicescalgary.ca/TSC>

**Address;**

#1200, 910 7th Avenue SW  
Calgary, Alberta, Canada T2P 3N8

**Phone;**

Phone: 403-265-1120

Fax: 403-266-2486

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

**Email;**

info@immigrantservicescalgary.ca

**OWL POD Mental Health Clinics –**

OWL POD is a non-profit organization that is dedicated to providing free mental health consultations to individuals that are arranged by local family physicians. The mental health clinics are covered by Alberta Health Services, in which they provide online virtual appointments, counseling, as well as treatment of conditions such as anxiety, depression, grief, and more.

\*Note: OWL POD does not diagnose or treat individuals under the age of 18, and more information about the organization can be found on their website.

**Website;**

<https://www.owlpod.ca/>

**Instagram;**

[https://www.instagram.com/owlpod\\_org/](https://www.instagram.com/owlpod_org/)

**Facebook;**

<https://www.facebook.com/owlpod.org>

**Email;**

[INFO@OWLPOD.CA](mailto:INFO@OWLPOD.CA)

## **Autism Spectrum Disorder**

### **1) What is autism spectrum disorder?**

Autism Spectrum Disorder, also known as ASD, is a neurodevelopmental disorder characterized by traits such as communication barriers, difficulty with typical social interactions, tendency to repeat specific behavioural patterns, and a small range of activity and interests. Although autism spectrum disorder can be diagnosed at any life stage, due to its nature as a developmental disorder, it is most common to be diagnosed within the time frame of 2-4 years of initial life on

account of the fact that many individuals reach similar general development milestones at a coinciding pace.

Factors such as socialization, language, communication, cognitive problem solving, and physical movement milestones are taken into consideration during diagnosis, as each of these elements advance as the brain develops. The importance of tracking such verbal and non-verbal characteristics is imperative for those who monitor the growth and provide a possible diagnosis for the child, such as caregivers and physicians.

One thing to continuously keep in mind is that autism is not a disease, but rather a way in which the brain is wired within certain individuals. The “spectrum” aspect that is included within the ASD acronym refers to a variety of conditions and symptoms that distinguish between challenges encompassed within social skills and repetitive behavioural patterns, along with verbal and non-verbal communication. Due to a diversity of conditions, an assortment of signs and symptoms vary from person to person. A popular saying in the Autism community is “if you’ve met one person with ASD, you’ve met one person with ASD.” This phrase refers to the fact that every individual with autism carries such distinct characteristics unique to themselves, therefore we cannot have autism defining symptoms when discussing ASD since referral to a single or universal example does not reflect the entirety of this disorder.

## **2) How it affects people/the South Asian community**

Autism is a disorder that can affect anyone, irrespective of one’s ethnicity, sex, family income, geographical location, or upbringing. However, in the South Asian community, we often see that parents of children who have autism experience a sense of shame when presenting their children in public because of the fear of "log kya kahenge." This apprehension is based on the fact that their child is not the same as other neurotypical children, thus parents fear that people in their community will look down on their family and create speculations about their child. Due to this fear, parents tend to avoid social interactions and essentially confine their child and themselves within their home. Regardless of whether or not a child has a disability, it is important to understand that a child can only remain in one place for so long. For example, when children start school, they are immediately removed from their comfort zone and must learn how to adapt to the space around them. That said, autism is a disorder that directly affects one's ability to communicate successfully with others and adapt to sudden changes compared to those that do not fall within the spectrum. Meaning that what parents do not realize is that they do more harm than good to their child by keeping their child sheltered within their home, because the child does not learn what it is like to go out in public and communicate with others. In other words, when trying to protect their child from toxic outsiders, the actions of parents may unknowingly have a negative impact on their child when that is never the intention to begin with. Therefore, in

order to support families with children with special needs, we must continue to raise awareness of neurodevelopmental issues in the South Asian community so that everyone can feel welcome and never have to put their children's health at a cost because of the fear of what others will say.

### **3) How/where to get help**

#### **Autism Calgary**

Autism Calgary is a grassroots community association that commits to providing a voice for families and individuals living with autism spectrum disorder. In order to increase awareness and understanding behind this disorder, Autism Calgary encourages the advancement of sustainable research and development of effective treatments. Furthermore, their programs provide a multifaceted approach in order to place emphasis on strengthening individuals with ASD along all stages of their journey. This allows more accessible opportunities to evolve through an individualized application of education that works to enhance the quality of life of those living with ASD.

Website; <https://autismcalgary.com>

Address; 3639 26th Street NE Calgary, Alberta T1Y 5E1

Email; [info@autismcalgary.com](mailto:info@autismcalgary.com)

#### **Society for Treatment of Autism**

The Society for Treatment of Autism also known as STA, is an Alberta based, registered charitable organization providing programs designed to implement and support individuals who have autism spectrum disorder. Their comprehensive treatments and counselling, along with educational and consulting services, are specialized to meet the needs of people with ASD, as well as give support to their families. With a base in Calgary, the STA also provides a diverse range in which programs, such as Early Intervention and Residential Treatment, may be delivered in order to ensure that individuals have the ability to enhance participation within all aspects of life.

Website; <https://www.sta-ab.com/>

Address; 404 94th Avenue SE Calgary, Alberta T2J 0E8

Phone; 4032532291

Email; [intake@sta-ab.com](mailto:intake@sta-ab.com)

### **Sinneave Foundation**

The Sinneave Family Foundation is a charitable operating foundation that works to bridge gaps for individuals with autism, regarding the transition from adolescence to adulthood, in order to reach their desired life outcomes. By being a collaborative, respectable, innovative and accountable organization, Sinneave provides programs and services that not only enhance these transitions, but also increase improved outcomes for emerging adults with autism. Through their diverse approaches such as skill development, knowledge exchange, community capacity building and transition planning, this foundation aims to facilitate opportunities for individuals in order to influence the practice and policy discussion about autism.

Website; <https://sinneavefoundation.org/>

Address; Suite #300, 3820-24th Avenue NW Calgary, Alberta T3B 2X9

Phone; 4032105000

### **Inclusion Alberta, Inclusion Calgary**

Inclusion Alberta is a family-based, non-profit federation located in Calgary and Edmonton. This foundation is constructed around the concept of advocacy on behalf of children and adults with developmental disabilities. Not only do they partner with institutions across the province in order to provide a vast range of opportunities, such as education and employment, for those who have developmental disabilities, but they also arrange to empower youth who do not have developmental disabilities, resulting in a more welcoming environment through this education. This advocacy allows individuals to achieve their pursuit towards an inclusive society, as well as affirm the value that individuals with a developmental disability bring.

Website; <https://inclusionalberta.org/>

Address; Suite 212, 4014 - Macleod Trail SE Calgary, Alberta T2G 2R7

Phone; 4037170361

## **Development Disabilities Resource Centre (DDRC)**

The Development Disabilities Resource Centre, (DDRC), is a non-profit, charitable organization in Calgary that aims to encompass individuals with developmental disabilities within society in order to enact meaningful change within their lives. By providing programs and services to those who are affected by developmental disabilities, DDRC aspires to provide purposeful opportunities such as jobs, schooling, and housing with the purpose of integrating individuals within networks that implement connections on a more equitable level.

Website; <https://www.ddrc.ca/>

Address; 4631 Richardson Way SW Calgary, Alberta T3E 7B7

Phone; 4032403111

Email; [info@ddrc.ca](mailto:info@ddrc.ca)

## **Anxiety Disorders**

### **1) What is anxiety?**

Anxiety is an emotion that is best described by an elevated sense of nervousness, stress, and fear. It is a common response to tense situations and can be valuable as it can alert one to any potential dangers that may arise. Everyone will feel anxiety at sometime, but this everyday anxiety is occasional and brief. However, anxiety disorders are not the same as common stress responses, they are a group of psychological conditions that cause one to experience recurrent feelings of excessive stress. A continuous battle with anxiety disorders becomes such a barrier in one's life that it negatively affects one's relationships, professional life, and social activities. There are seven main categories of anxiety disorders; specific phobia, generalized anxiety disorder, social anxiety disorder, selective mutism, and separation anxiety disorder.

### **Specific Phobia:**

Intense and irrational fear about either an object or situation. The fear exceeds the reaction when actually in the situation. The phobic object or situation immediately provokes fear or anxiety, active efforts are made to avoid the situation or object. The anxiety produced by the phobic object or situation causes impairment in daily functioning (social, occupational, etc).

Subtypes of Phobic Objects/Situations:

- Animal - fear of animals (e.g dogs)

- Natural Environment - fear of nature (e.g storms, heights, wind)
- Blood-Injection-Injury - fear of medical procedures or needles (e.g fear of blood)
- Situational - fear of a specific situation (e.g elevators or enclosed spaces)
- Other - fear of situations of objects that may lead to choking or vomiting

Signs and Symptoms of Specific Phobia:

- Sweating
- Dizziness
- Muscle tension
- Avoidance of situation or object

**Panic Disorder:**

Panic disorder is associated with recurrent panic attacks along with constant concern about having a panic attack, the damage that a panic attack may cause, and behaviour change as a response to the panic attacks. Panic attacks are sudden, they are intense feelings of fear along with discomfort that can peak very fast.

Signs and Symptoms of Panic Disorder:

- Dizziness
- Pounding heart
- Feelings of tightness in throat (choking sensation)
- numbness /tingling
- Sweating
- Shortness of breath
- Chest pain
- Avoidance of locations in which a previous panic attack may have occurred
- Avoidance of physical exertion (behavioural change as a response)

**Agoraphobia:**

Agoraphobia is an anxiety disorder associated with feelings of anxiety felt towards the environment, an individual with agoraphobia constantly perceives their environment to be unsafe and anticipate danger in every situation. Situations can include public transportation, being in open spaces (e.g parking lots), being in enclosed spaces (e.g movie theatres), standing in line or being among a crowd, and being outside of home. These situations can create intense feelings of fear and anxiety in an individual and often interfere with daily functioning. The individual begins to avoid these situations, the situations also are always anxiety provoking and often individuals with agoraphobia require a companion to help them around and ease the distress.

#### Signs and Symptoms of Agoraphobia:

- Fear of leaving home
- Rapid heart rate
- Trouble breathing
- Panic attack symptoms (not to be confused with panic disorder which is recurrent panic attacks resulting in future fear and avoidance)
- Fear of dying
- Avoidance of situations

#### **Generalized Anxiety Disorder:**

Generalized Anxiety Disorder (GAD) is characterized by excessive worry that is uncontrollable and often exhibited in physical symptoms. Anxiety and worry become uncontrollable and interfere with day-to-day activities. Often constant anticipation of disastrous events that could occur. Anxiety about regular life events or things like health, money, family, work, or school. GAD impacts the way an individual thinks about daily events and can often lead to an increase in stress and sometimes presentation of physical symptoms

#### Signs and Symptoms of Generalized Anxiety Disorder:

- Unrealistic view of problems
- Irritability
- Difficulty concentrating
- Trouble falling asleep or staying awake
- Excessive worry
- Restlessness
- Nausea
- Headaches
- Sweating

#### **Social Anxiety Disorder**

Anxiety and additional feelings of fear regarding being humiliated in social situations; social interactions, being observed, or performing. Associated with anxiety about social situations in which the individual could possibly be scrutinized. Instances could include dates, meeting unfamiliar people, giving a speech, or even eating and drinking in a social situation. Fear of rejection and humiliation in the social situation:

#### Signs and Symptoms of Social Anxiety Disorder:

- Sweating
- Rapid heart beat
- Tightness in chest (in social situation)

- Avoidance of social gatherings
- Submission in conversations

### **Selective Mutism**

Selective mutism is an anxiety disorder in which there is recurrent and consistent inability or failure to speak in situations in which one may be expected to speak. The inability to speak results in hindrance of social communication, thus impacting school or work. Disturbance to speech lasts at least a month and the failure to speak is not the result of a lack of knowledge or comfort with language. Common among children, when the child is approached they will not respond. An individual with selective mutism will communicate commonly only with people in their immediate family.

Signs and Symptoms of Selective Mutism:

- Lack of eye contact
- Clinging to parents (child)
- Similar symptoms to social anxiety disorder and separation anxiety disorder

### **Separation Anxiety Disorder**

Separation anxiety disorder is associated with excessive fear surrounding separation which is shown with recurrent distress during separation or when expecting separation. Constant worry regarding losing a person, worry about any harm that could come to them. Recurrent and excess worrying about events that could occur to separate them; kidnapping, getting lost, accidents, illness, etc. Can be seen in refusal to leave home due to fear of separation. Separation anxiety disorder is also associated with fear of being alone, nightmares regarding separation, complaints of physical health concerns when separation is anticipated. Separation anxiety disorder, like other anxiety disorders and mental health issues, can cause impairments to social or occupational daily life functioning.

Signs and Symptoms of Separation Anxiety Disorder:

- Complaints of physical symptoms when separated from attachment figure or in anticipation of separation. Physical symptoms include headaches, stomach aches, nausea, etc.
- Constant worry about negative events occurring resulting in separation; such as an accident.
- Reluctance to leave home for school or work in fear of separation.

Most anxiety disorders are treated with cognitive-behavioural therapy (CBT). Exposure therapy is used to treat specific phobias, social anxiety disorder, . Exposure therapy consists of direct or controlled and slow exposure to objects, situations, and anything else that may cause anxiety.

CBT is a short-term, structured (6-20 sessions), problem focused form of therapy. CBT helps change thoughts and attitudes related to the behaviours and emotions that are problematic. Cognitive-behavioural therapy assists in identification of distortions in their thought processes.

## **2) How it affects people/the South Asian community**

Every type of anxiety disorder presents itself in a different way and can have different impacts on people depending on the symptoms exhibited. Individuals living with an anxiety disorder often live in constant fear and worry, which can take away from them living their life. The disorder becomes their life and oftentimes relationships are strained as the individual is unable to control their fears and worry. Along with impacts on communication and mental health, anxiety disorders also have physical symptoms associated with them and panic attacks can be extremely harmful to health. This can lead to further interruption of occupational or daily duties.

In the South Asian community, anxiety disorders and mental health issues are often overlooked. Symptoms such as excess worry are interpreted as a normal aspect of life as it is good to worry rather than being “carefree”. Lack of education in South Asian communities often leads to the attribution of the symptoms to an external cause such as too much technology or not eating enough. Difficulty concentrating will often be attributed to a lack of motivation or discipline rather than to an anxiety disorder like generalized anxiety disorder. If symptoms get too severe an individual might seek medical/professional attention, but this is also stigmatized heavily in many South Asian communities. Due to the collectivist culture, many individuals fear being shamed in the community and often attempt to hide and suppress their diagnosis or symptoms. This can be a hindrance to recovery. In South Asian communities the causes of mental health issues are often attributed to factors that played no role in the onset, this furthers the culture of shame. This culture of shame is also what prevents individuals from getting professional treatment. In addition to this, many individuals living with anxiety disorders or mental health issues are often told “this is just in your head” or “you are just making excuses”. These statements prevent further communication and increase stigma surrounding reaching out for support and help.

## **3) How/where to get help**

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**Website;**

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**Address;**

#1200, 910 7th Avenue SW  
Calgary, Alberta, Canada T2P 3N8

**Phone;**

Phone: 403-265-1120

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**Website;**

<https://www.owlpod.ca/>

**Instagram;**

[https://www.instagram.com/owlpod\\_org/](https://www.instagram.com/owlpod_org/)

**Facebook;**

<https://www.facebook.com/owlpod.org>

**Email;**

[INFO@OWLPOD.CA](mailto:INFO@OWLPOD.CA)

# Bipolar Disorder

## 1) What is bipolar disorder?

Bipolar disorder is a severe mental health condition that is characterized by drastic mood swings. These mood swings consist of intense emotional peaks, also known as manic episodes, and extreme lows known as depressive episodes. Bipolar disorder can affect anyone at any time in their life but is generally diagnosed during adolescence or adulthood. The treatment of bipolar disorder is usually lifelong and it consists of prescription medications, alongside a combination of lifestyle changes and therapy. The main objective of the treatment focuses on managing the symptoms of the disorder so that the condition does not interfere with one's daily life.

The following are the types of bipolar disorders:

**Bipolar I Disorder-** When an individual suffers from bipolar I disorder, they experience manic symptoms or manic episodes that last for at least seven days and require urgent medical attention. During a manic episode, one also often experiences episodes of depression at the same time.

**Bipolar II Disorder-** When an individual suffers from bipolar II disorder, they experience episodes of hypomania, which is the milder form of a manic episode and experience depressive episodes. We often see that bipolar II disorder can go undiagnosed because it is a milder version of mania, thus, so many people see the symptoms of this disorder as part of a highly energetic personality.

**Cyclothymic Disorder-** When an individual suffers from cyclothymic disorder (also known as cyclothymia), they experience periods of hypomania symptoms as well as periods of depressive symptoms. In other words, cyclothymia is a form of bipolar disorder that is milder in nature unlike bipolar I and bipolar II, but it lasts for a long time. In order to be diagnosed with this type of bipolar disorder, these symptoms must be experienced by an adult for at least 2 years and by adolescents for one year.

**Other Specified and Unspecified Bipolar and Related Disorders-** Individuals diagnosed with this particular form of bipolar disorder experience symptoms similar to bipolar disorder but do not fully meet the criteria for identified bipolar disorders. That said, individuals diagnosed with this specific condition are taken as seriously as people who suffer from identified bipolar disorders.

The following are some common signs and symptoms to look out for when you think you or someone in your life may be dealing with bipolar disorder.

Signs and Symptoms of a manic or hypomanic episode;

- Racing thoughts
- Talking excessively
- Decreased sleep
- Increased activity
- Increased talkativeness
- Abnormally upbeat/jumpy
- Irritable moods
- Exaggerated behaviours
- Euphoria
- Impaired judgement
- Hyperactivity
- Elevated self esteem

Signs and Symptoms of a depressive episode:

- Prolonged sadness
- Memory loss
- Changes in appetite
- Difficulty sleeping
- Fatigue
- Agitation
- Lack of focus
- Loss of self confidence

## **2) How it affects people/the South Asian community**

Before understanding what bipolar disorder is, it is just as important to understand what bipolar disorder is not. We often see that people use the phrase "I'm so bipolar" when it comes to describing their mood swings, making a choice, or even describing a weakness. By using this term as an adjective, we invalidate the severity of the condition and harm those living with the effects of bipolar disorder. It is, therefore, crucial that we re-evaluate the manner in which we address certain mental health issues in our language, so we can raise awareness on the conditions and therefore encourage those struggling with mental health disorders to seek the care they rightfully deserve.

In terms of the South Asian community we see that many mental health conditions are a taboo subject. For example, emotions that we see linked to bipolar disorder are constantly put off as “bad day” or a “rough phase”. Symptoms of the manic or depressive episodes are interpreted as normal due to a lack of education and communication surrounding mental health issues in South Asian communities. Failure to recognize these symptoms often leads to further mental health issues and can be extremely detrimental. Mental health issues, although not tangible, are just as important as any physiological issue. Conversations about mental health issues are often shut down, further reinforcing the cycle of suppression of the mental health issue. Individuals become afraid of the negative responses they will receive if they become vocal about how they are feeling, afraid of being called weak and being invalidated. Statements like “log kya kahenge?” (translation: “what will people say?”) are made commonly in South Asian communities and these statements directly contribute to stigmatizing communication. Afraid of what other people will think, individuals start to fear the shame one might face upon a diagnosis of a mental health issue. This results in individuals withdrawing communication and attempting to hide symptoms. Suppressing symptoms can further worsen them and can be further damaging to the mental health of someone already trying to live with bipolar disorder.

### **3) How/where to get help**

#### **OWL POD Mental Health Clinics –**

OWL POD is a non-profit organization that is dedicated to providing free mental health consultations to individuals that are arranged by local family physicians. The mental health clinics are covered by Alberta Health Services, in which they provide online virtual appointments, counseling, as well as treatment/therapy of conditions such as bipolar, anxiety, depression, grief, and more. Note that OWL POD does not diagnose or treat individuals under the age of 18, and more information about the organization can be found on their website.

**Website;**

<https://www.owlpod.ca/>

**Instagram;**

[https://www.instagram.com/owlpod\\_org/](https://www.instagram.com/owlpod_org/)

**Facebook;**

<https://www.facebook.com/owlpod.org>

**Email;**

[INFO@OWLPOD.CA](mailto:INFO@OWLPOD.CA)

### **Organization for Bipolar Affective Disorders (OBAD)**

The OBAD is a drop-in peer support program that takes place on a weekly basis. It is facilitated by volunteers who have experience of bipolar disorder on their own or through a loved one. They work to break the stigma towards bipolar disorder and create a safe space for one to openly express their emotions. All in all, this organization believes that community support is essential for the recovery of bipolar disorder and one's overall well-being.

**Website;**

<https://www.obad.ca/>

**Address;**

OBAD c/o cSPACE King Edward  
1721 29 Avenue SW, Suite 375  
Calgary, AB, T2T 6T7  
Canada

**Phone;**

Text or call: (403) 263-7408

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

**Email;**

[info@obad.ca](mailto:info@obad.ca)

### **Mood Disorders Society of Canada (Mood Disorders Society of Canada)**

The MDSC is a reliable resource that educates others about all kinds of mood disorders and provides local resources available for treatment. They aim to be a voice for those who deal with mental health disorders at the national level to improve access to treatment, research, and the overall quality of life.

**Website;**

<https://mdsc.ca/>

**Address;**

46 Hope Cres. Belleville, ON K8P 4S2

**Phone;**

613-921-5565

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

**Email;**

[info@mdsc.ca](mailto:info@mdsc.ca)

**Instagram;**

<https://www.instagram.com/mooddisorderssocietycanada/>

**Facebook;**

<https://www.facebook.com/MoodDisordersSocietyCanada>

**Twitter;**

<https://twitter.com/MoodDisordersCa>

## **OCD**

### **1) What is OCD?**

OCD, also known as obsessive-compulsive disorder, is a chronic anxiety disorder in which a person has uncontrollable thoughts and behaviors that manifest into the urge of wanting to do something repetitively. Some of the impulsive behaviors include activities such as repetitive hand washing, rearranging items, and regular inspection of items. While most people perform these tasks on a regular basis, it is crucial to highlight that individuals who do not suffer from this disorder have control over their desires to do such things. Whereas, when people with OCD have the urge to perform such tasks, the feeling is almost always unwanted and creates severe anxiety when they restrict themselves from doing so. While most people with OCD understand that their thoughts and impulses are a result of their condition, they simply can not get rid of these feelings by using logic and reasoning. Therefore, when a person experiences intrusive thoughts, he or she is driven to behave compulsively in order to satisfy the uncontrollable desires.

It is important to note that one must experience these intrusive thoughts and behaviours more than once a day in order to get a diagnosis of OCD. The most common treatment for OCD involves a combination of prescription medications and cognitive behavioural therapy. These two work in conjunction in order to improve the quality of life of the individual. Most importantly, if you feel that you are dealing with such thoughts and behaviours, it is crucial that you visit your physician and be fully transparent about what you feel so you receive the care you deserve.

Common Themes of Obsessions:

- Repeated self-doubt
- Fear of contamination
- Preoccupation with exactness
- Fear of harming others or oneself
- Thoughts of forbidden or unwanted images or urges (aggressive or sexual)

#### Signs and Symptoms of Obsessions:

- Constant and often overwhelming doubt about completion of regular things such as locking the door
- Fear of being contaminated by others
- Overwhelming stress when objects are not arranged in a specific way
- Avoidance of situations that could possible trigger obsessions (ie. large crowds)

#### Common Themes of Compulsions

- Excessive cleaning
- Excessive checking (checking to make sure \_\_\_\_ ) (ie. checking over work multiple times)
- Excessive ordering and arranging
- Excessive hoarding

#### Signs and Symptoms of Compulsions:

- Repetitive hand washing often until skin becomes raw
- Counting in patterns
- Silent repetition of words, phrases, or numbers
- Arrangement of household objects in a meticulous manner, if interrupted can cause distress

## **2) How it affects people/the South Asian community**

Due to unwanted and repetitive thoughts that intrude an individual's mind. compulsions act as a stress reliever in order to mitigate the effects of obsessions. This coping mechanism is detrimental for an individual with OCD. Hindering these behavioural reactions will only cause more stress when their mind and body is not actively engaged within these rituals. This constant need to fulfill thoughts causes an individual to behave in ways that impede daily functioning when a cyclic routine has been established. Not only do these tasks become time-consuming, but those who has OCD will find themselves retracting from social and occupational environments.

Within the South Asian community, not only is there a stigma behind the validity of mental health, but also a lack of self-awareness. This creates an environment in which individuals fear reaching out for help. Obsessive-compulsive disorder can appear in many everyday activities that

appear mundane and regular at first glance. Ritualistic behaviours that are performed by those who have OCD, such as spending an excessive amount of time washing or cleaning, are seen as beneficial trait to have, rather than something that must be addressed. The lack of sensitivity that the South Asian community maintains further endangers an individual when they don't communicate distress. Someone who has OCD may have fears within their mind when certain behaviours arise, such as causing harm to those around them, resulting in seclusion from others. Rather than reaching out in order to find resources to aid them, psychological influences and interventions are depicted as fictitious, as who show signs of OCD must have shortcomings in regards to their personality. Emphasizing the importance of breaking stigma surrounding mental health as well as increasing the availability of educational resources can help mitigate shame and fear attached to mental health.

### **3) How/where to get help**

#### **Alberta OCD Foundation**

The Alberta OCD Foundation offers assistance, education, and resources to those living with OCD, whether they diagnosed themselves or have a loved one who is diagnosed. They provide local resources for all age groups where they can go and receive the treatment they need. They also provide drop-in support programs for anyone dealing with or caring for a person with OCD.

#### **Website;**

<https://www.aocdf.com/>

#### **Address;**

Small Hall, 8008 81 St NW, Edmonton, AB T6C 0S8

#### **Mailing Address;**

#68103 - 8330 82 Ave NW  
Edmonton, Alberta  
T6C 4G0

#### **Phone;**

1 (780) 989-9932

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

#### **Email;**

[OCDalberta@gmail.com](mailto:OCDalberta@gmail.com)

**Instagram;**

<https://www.instagram.com/albertaocdfoundation/>

**Facebook;**

<https://www.facebook.com/AlbertaOCDFoundation/?ref=bookmarks>

### **OCD and Anxiety Psychological Services inc**

OCD and Anxiety Psychological Services Inc. is a place run by a clinical psychologist named Dr. Felicity Sapp. She specializes in anxiety and OCD and provides treatment for both conditions using different types of behavioral therapy, group therapy, and even OCD and anxiety-related workshops. Please check their website for more information!

**Website;**

<https://drfelicitysapp.com/>

**Address;**

Westhills Corporate Centre 102 - 7370 Sierra Morena Blvd SW, Calgary, Alberta T3H 4H9,  
Canada

**Phone;**

Email or Call to Schedule an Appointment

(403) 404-6310

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

### **Shift Therapy**

Shift therapy offers unique counselling and therapy sessions that cover all kinds of mental health issues. They are located in Calgary and Edmonton, and they even offer online therapy. They are passionate about their method and always strive to empower all of their patients. Please check out their website for more information and background on their unique therapy service.

**Website;**

<https://shiftpsych.com/obsessive-compulsive-disorder/>

**Address;**

**Edmonton**

➤ 124street Shop  
10445 124 St NW, Edmonton, AB

➤ South Common Shop  
9148 23 Ave NW #203, Edmonton, AB T6N 1H9

### **Calgary**

Mount Royal Shop  
815 17 Ave SW #210, Calgary, AB, CA

### **Phone;**

**Edmonton:** [780.705.6463](tel:780.705.6463)

**Calgary:** [587.352.6463](tel:587.352.6463)

If you feel you need to speak to someone outside of office hours, please call the Distress Centre's 24-hour crisis line: 403.266.4357

### **Email;**

#### **Edmonton**

➤ 124street Shop  
[124street@shiftpsych.shop](mailto:124street@shiftpsych.shop)

➤ South Common Shop  
[southcommon@shiftpsych.shop](mailto:southcommon@shiftpsych.shop)

#### **Calgary**

Mount Royal Shop  
[mountroyal@shiftpsych.shop](mailto:mountroyal@shiftpsych.shop)

## **Borderline Personality Disorder**

### **1) What is borderline personality disorder?**

Borderline personality disorder, BPD, is a pattern of instability in personal relationships, self-image, and impulsivity. Presenting in a variety of ways; such as varying mood, difficulty regulating or understanding emotion, and intense episodes of anger, depression, and/or anxiety.

Borderline personality disorder has a common onset during early adulthood. Borderline personality disorder is a long-lasting disorder which is associated with difficulty in regulation of emotion and leads to increased sensitivity to the surrounding environment. Environmental, genetic, and cultural factors play a role in development of borderline personality disorder.

Borderline personality disorder can present itself in many instances. Distressed efforts to avoid abandonment (real or imagined), the perception of rejection or separation can lead to intense fear or inappropriate anger. These efforts may include self-mutilation or suicidal behaviors. Fear of abandonment is associated with the intolerance of being alone, constant need to be surrounded by people. Borderline personality disorder is also associated with identity disturbances marked by constant shifts in self-image, some individuals may feel a lack of meaning in relationships, lack of support, and lack of nurturing. Borderline personality disorder is a common co-occurring disorder which means it can occur alongside other mental health issues such as substance use disorder, eating disorders, anxiety, or depression. BPD is often hard to diagnose due to the symptoms lasting for a short period of time, can range from minutes to hours to even weeks.

Signs and Symptoms of Borderline Personality Disorder:

- Pattern of unstable relationships in which feelings vary at extremes. Intense idealization to devaluation of the person at another moment of time.
  - Idealization: feelings of extreme closeness and love
  - Devaluation: attributing the other person as flawed, worthless, and with feelings of anger and extreme disliking
- Quick changes in self-image
- Periodic loss of contact with reality - feelings of dissociation
- Suicidal threats
- Self-injury (such as cutting)
- Feelings of emptiness
- Self-destructive tendencies
- Intense anger and problems controlling anger

## **2) How it affects people/the South Asian community**

Borderline personality disorder directly impacts relationships. Living with borderline personality disorder is difficult because of the intense feelings of emptiness, anger, and loneliness it brings with it. These can impact communication in relationships and can cause of course unintentional strain on the relationship itself. Individuals with borderline personality disorder often display intense fear of abandonment and feelings of being left alone are often followed by frantic attempts to not be left alone. Feelings towards family, friends, and other individuals can change constantly from day to day or even hour to hour. This can cause problems at school, work, and success in daily life. Intense emotional changes can cause feelings of dissociation and loss of

meaning and purpose along with loss of concentration. South Asian communities hold very collectivist values, families work together to heal each other and oftentimes families rely very heavily on one another. Mental health is also very stigmatized in many South Asian communities. Mental health issues are just not treated with as much importance as physical illnesses would be. Borderline personality disorder directly impacts relationships and without the knowledge about this disorder, conflict can escalate. Oftentimes leading to further feelings of loneliness, emptiness, and loss of meaningfulness in life. In addition to this, the concept of “log kya kahenge?” (translated: “what will others think?”) can lead to attempts to suppress the mental health issue and attempts to hide from the rest of the community, this can be detrimental to recovery and further detrimental to mental health of the individual living with borderline personality disorder.

### **3) How/where to get help**

#### **Insight Psychological:**

Insight Psychological offers counselling for borderline personality disorder and have therapists located in different regions. Online counselling is also available. The website(s) can be used to find a therapist located closest to your region. The licensed counsellors assist in the development of a treatment plan in order to move toward recovery.

**Website:** <https://www.insightpsychological.ca/counselling/borderline-personality-disorder/>

#### **Insight Psychological - CALGARY**

**Website:** <https://www.insightpsychological.ca/calgary/>

**Address:** #360 – 1032 17th Avenue SW T2T 0A5

**Phone Number:** (403)-252-1716

## **Alcohol Use Disorder**

### **1) What is Alcohol Use Disorder?**

Alcohol Use Disorder is a prolonged pattern of alcohol use that leads to impairment and distress. It is a disorder in which one becomes concerned with the consumption of alcohol and this thought preoccupies their daily lives. This can lead to interruptions in relationships, occupational obligations, and social life. Alcohol use is continued even if the usage is exacerbating physical, psychological, and social problems in day-to-day life. Alcohol usage and becoming entirely preoccupied with thoughts of alcohol results in withdrawal from daily roles and obligations. Social, recreational, and occupational activities are interrupted in order to make room for alcohol consumption. The desire to consume alcohol persists and clouds the mind, making it difficult to

think about anything else. The number of alcohol-related absences are seen to increase with the severity of the disorder. Factors that influence Alcohol Use Disorder include environmental factors and genetic or physiological factors. Environmental factors include cultural attitudes, availability of alcohol, peer alcohol usage, and levels of stress (alcohol used as a coping mechanism). Alcohol Use Disorder has a higher rate, around 3 to 4 times higher, in individuals with close relatives with Alcohol Use Disorder. Low sensitivity to alcohol may also lead to increased consumption in order to feel desired effect.

Alcohol Use Disorder is commonly associated with alcohol intoxication and withdrawal. Alcohol intoxication is defined as an ingestion of alcohol which is associated with behavioural and/or psychological changes such as increase in aggression and impaired judgement. Alcohol withdrawal is defined as a reduction in consumption of alcohol for a prolonged period of time which causes development of signs and symptoms commonly associated with withdrawal.

Eleven Symptoms of Alcohol Use Disorder:

1. Alcohol is consumed in larger amounts than intended
2. Desire or unsuccessful efforts in reducing or controlling alcohol use
3. A lot of time spent engaging in activities related to alcohol:
  - a. Obtaining
  - b. Consuming
  - c. Recovering
4. A craving, or an intense desire to use alcohol
5. Recurrent use of alcohol that results in withdrawal from responsibilities at school, home, or work
6. Usage continued even after recognizing that problems are caused in relationships or social situations due to the usage
7. Previously important social, occupational, and/or recreational activities are held in low regard; reduced in frequency or stopped overall
8. Alcohol use occurs in potentially physically harmful situations - for example drinking and driving
9. Continued usage even though the usage worsens physical or psychological problems (can be caused or further aggravated by alcohol usage)
10. Tolerance
  - a. Increase in the amount of alcohol needed to achieve desired level of intoxication
  - b. Alcohol has less of an effect with prolonged use, thus relates to point a) in which more alcohol is needed
11. Withdrawal
  - a. Reduction of alcohol results in development of alcohol withdrawal symptoms

- b. Signs and symptoms cause impairment in functioning; interruption of social or occupational roles
- c. Drug taken to relieve withdrawal symptoms from alcohol

#### Signs and Symptoms of Alcohol Withdrawal:

- Sweating
- Shaking
- Vomiting
- Hallucinations
- Depression (alcohol-induced depression)
- Anxiety (alcohol-induced anxiety)

#### Signs and Symptoms of Alcohol Intoxication

- Blood Alcohol Concentration is a good indicator of severity of intoxication
- Impaired speech
- Impaired memory
- Impaired balance and coordination
- Flushed face
- Louder speech than usual
- Blackouts (severe)
- Loss of consciousness (severe - life threatening)

## **2) How it affects people/the South Asian community**

Alcohol Use Disorder is used to define the pattern of prolonged usage of alcohol. Alcohol intoxication itself leads to a change in behaviour, such as an increase in aggression and violence. Thus, resulting in a loss of control over actions. In media culture and modern culture right now, alcohol is seen as a way to fit in and have “fun”. When this usage overtime develops into a constant craving and desire (one of the symptoms of Alcohol Use Disorder) this can be problematic. Leading to recurrent use of alcohol at home while not in these social situations causes a strain on relationships. Verbal and physical violence escalates and leads to toxic and harmful interpersonal relationships at home. Globally, Alcohol Use Disorder is found to be more prevalent among men. It can also be understood that every culture has a different approach to Alcohol Use Disorder and religious beliefs can also play a role in the prevalence of AUD in a certain community.

#### **Gender Differences:**

Alcohol Use Disorder is found to be more common among men. Commonly used as a way to deal with stress and regulation of emotions. Men’s mental health is stigmatized, “boys don’t cry”

or “men are supposed to be strong”. This instills the idea that men should hide their emotions and this often leads to alcohol use to suppress and regulate stress and emotions. Alcohol along with increasing feelings of euphoria and happiness can also exacerbate existing mental health issues such as anxiety or depression. This suppression of emotion overtime can lead to an increased risk of suicide. In most South Asian communities, it is not considered socially acceptable for men to express vulnerability and may result in an increased prevalence of Alcohol Use Disorder among men.

### **Media Influences:**

Media exposure influences norms produced in society regarding alcohol. Product placement in television shows, movies, advertisements, and clips on social media endorsed by a celebrity can unintentionally be kept in an individual’s memory. Alcohol is massively advertised in sports leagues and alcohol is served on a large scale at sports games. Parties rarely occur without an open bar or alcohol beverage of some type. Thus, the association of alcohol consumption with “fun”. Certain brands are also more popular for consumption due to the excess media exposure.

Media exposure can also be seen in music videos. Music is extremely influential and many people follow the musicians in a very dedicated manner, seeing these musicians promoting alcohol consumption can also make alcohol intoxication and usage seem “cool” while ignoring the consequences and risk of Alcohol Use Disorder.

Social media and musical media is such a widespread aspect of society today and impacts a lot of the news received, the impact of social media and influential celebrities or famous figures can be seen in other aspects such as body image. Promotion of alcohol use for purposes of enjoyment, if someone denies a drink then they are shunned in a way. Now this individual is considered deviant, they do not drink so they do not fit in.

### **Cultural Influences:**

Alcohol Use Disorder is a massive area of concern in the Punjabi community and is still a growing issue. Many individuals of the Punjabi community could immediately list individuals they know affected by uncontrolled alcohol consumption, but will not consider it a mental health issue. The reality in many Punjabi households is that children grow up with a parent who has Alcohol Use Disorder. The strain this causes on relationships and the perpetuation of intergenerational trauma is not expressed often. Stigmatization of having genuine conversations prevents communication of harmful behaviours like domestic abuse in the face of a family member with Alcohol Use Disorder. Whether the Alcohol Use Disorder begins as a coping method to stressors that visible minorities and immigrants often face or whether it starts through a desire to fit in with the party culture created, Alcohol Use Disorder is extremely detrimental to families, mental health, and physiological health.

Parties in the Punjabi community are often associated with tons of drinking and drinking to the point of complete intoxication is considered “normal”. Social drinking turns into day drinking and then eventually interferes with daily duties to the point where alcohol is the only thing preoccupying the individual’s mind. Denying a drink at a party in the Punjabi community is considered bad, you do not deny a drink when another member of the community offers. This feeling that you owe them the drink perpetuates the constant culture of social drinking in the Punjabi community.

Fear of getting help or informing a loved one about the events occurring in one’s home are often detrimental. Women being abused by their husbands as a result of increased aggression and inability to think clearly in situations (a symptom of Alcohol Use Disorder). So many women are afraid to “air their dirty laundry” as they are afraid of being shamed in the community. Many people go to the extent of saying that the woman should control her husband and getting professional intervention is considered weak. This stigmatization of getting help prevents education regarding mental health issues like Alcohol Use Disorder, prevents recovery from Alcohol Use Disorder, perpetuates a cycle of domestic abuse, and perpetuates a cycle of intergenerational trauma.

Realizing that many other families are going through a similar situation and communicating problems can help ease stress and provide better outcomes during recovery, social support is a strong protective factor that aids in recovery from mental health issues such as Alcohol Use Disorder.

### **3) How/where to get help :**

#### **Sahara Alcohol Support Program (offered by PCHS)**

A holistic, culturally tailored, and strength-based support program that offers assistance to individuals and family members struggling with problematic alcohol use. The program provides ongoing support through education, facilitated group discussions, and interactive activities. The program's objective is to stabilize and empower clients and their families.

Topics covered in the program include:

1. Identifying problematic alcohol use
2. Physical dependence
3. Defense mechanisms
4. Progression and recovery
5. Relapse prevention
6. Life after alcohol misuse

Location and Time: Sahara Alcohol Support Program is offered every **Saturday from 11am-1pm at Genesis Centre in 1000 Voices**, free of cost.

**Website:** <https://www.pchscalgary.com/our>

**Address:** 7555 Falconridge Blvd NE Calgary, AB

**Phone:** For more information or to register - 587-999-9312

**Email:** [info@pchscalgary.com](mailto:info@pchscalgary.com)

### **Punjabi Alcohol Resource**

The Punjabi Alcohol Resource helps Punjabi families who struggle with alcohol use and are seeking help for themselves or a loved one. Their vision is to foster a community that is supported and empowered to address problems with drinking on a personal, familial, and societal level. And they strive to achieve this goal through:

1. Creating a central space for the Punjabi community to access information on problem drinking in order to create positive changes in the lives of those struggling and those impacted.
2. Understanding and providing tools that address the ways in which the Punjabi community is uniquely impacted by problems with drinking
3. To break down stigma and bring awareness to problems with alcohol in the Punjabi community through conversation

**Website:** <https://asranow.ca/resources/medical-clinics-addictions-support/>

**Email:** [connect@asranow.ca](mailto:connect@asranow.ca)

### **Sunshine Coast Health Centre:**

**WEBSITE:** [https://www.sunshinecoasthealthcentre.ca/drug\\_rehab\\_location/calgary-rehab/](https://www.sunshinecoasthealthcentre.ca/drug_rehab_location/calgary-rehab/)

Sunshine Coast Health Centre offers drugs and alcohol rehabilitation programs. This website contains information for rehabilitation centres, helplines, and support for males, females, and youth. Services are listed on the website and can be contacted for further information. This website also contains information on outpatient counselling and private practice addiction therapists. Therapists can be found depending on what region is best fit.

This website also has locations and support centres listed for withdrawal management, addiction medicine specialists and monitoring services.

#### **CALGARY OUTPATIENT SERVICES - Government Funded**

##### Adult Addictions Services:

This location provides counselling and assessment for adult males

Recovery Acres Society (1835 House)

Address: 1835 27th Avenue SW, Calgary, AB T2T 1H2

Phone: 1.403.245.1196

Fax: 1.403.244.4019

E-Mail: [info@recoveryacres.org](mailto:info@recoveryacres.org)

##### Calgary Adult Addiction Services: (Alberta Health Services)

This location is for adult males and females that are 18 years of age or older. Intake assessment is available on a drop-in basis at 1:00pm on weekdays.

Address: Stephenson Building; 2nd floor, 1177 11 Ave. SW, Calgary, AB T2R 1K9

Phone: 1.403.297.3071

Toll-Free: 1.866.332.2322

Fax: 1.403.297.3036

Website: <http://www.albertahealthservices.ca/facilities.asp?pid=saf&rid=1093651>

##### Calgary Youth Addiction Services (AHS)

This location works on a referral basis, it is for youth from the ages of 12-17 years and their families.

Address: 1005 17 St. NW Calgary, AB T2N 2E5

Phone: 1.403.297.4664

Toll-Free: 1.866.332.2322

Fax: 1.403.297.4668

Website: <http://www.albertahealthservices.ca/facilities.asp?pid=saf&rid=1093780>

##### Salvation Army

This centre provides support and counselling for addiction.

Address: Centre of Hope 420 9th Ave SE Calgary, AB T2G 0R9

Phone: 1.403.410.1129

Fax: 1.403.410.1096

Website: [www.salvationarmy.ca/alberta/](http://www.salvationarmy.ca/alberta/)

##### Calgary Distress Centre (AHS)

This centre offers service 24 hours, every single day of the year.

Address: #300 – 1010 8th Ave, SW Calgary, AB T2P 1J2

Phone: 1.403.266.1601 (Admin.)

Phone: 1.403.266.4357 (HELP)

Phone: 1.403.264.8337 (Teen help)

Fax: 1.403.262.2512

Website: [www.distresscentre.com](http://www.distresscentre.com)

E-Mail: [help@distresscentre.com](mailto:help@distresscentre.com) (help)

E-Mail: [info@distresscentre.com](mailto:info@distresscentre.com) (General Inquiries)

### CARE for Women

This location provides assessment and counselling for women and there is childcare available.

Address: (Recovery Acres Society) 1839 27th Avenue SW Calgary, AB T2T 1H2

Phone: 1.403.229.0795

Fax: 1.403.244.4019

Website: <http://www.recoveryacres.org>

E-Mail: [care@recoveryacres.org](mailto:care@recoveryacres.org)