



**One on one support with;**  
Suicidal Ideation  
Mental Health  
Self Harm  
Trauma  
Bullying  
Parent Conflict  
High Conflict Divorce

**Anam Rural Youth** provides a mobile, trauma informed, crisis intervention, psychological first aid approach support service to marginalized and at-risk youth and young adults, aged 13-25, in the rural communities of Central Alberta.

For more information phone 403-318-7690  
or visit; [www.anamruralyouth.com](http://www.anamruralyouth.com)