



# Ysabel Angeles

**Name:** Ysabel, she/her

**Areas Served:** Calgary

**Can support in:** Mental health concerns, body image, coping strategies, resource connection, general support.

**Languages Spoken:** English & Tagalog

**Availability In-Person:** Tuesdays and Fridays

**Availability talk or text:** Tuesday to Friday  
9am - 9pm

**Contact Info:** ysabelangeles03@gmail.com

**Limits/restrictions:** Due to my job I may not be able to respond immediately but will respond as soon as possible within my availability.

## About me!

Hello! I am in my fourth year as a Bachelor of Community Rehabilitation and Disabilities student. I am passionate about raising awareness to mental health particularly to marginalized communities and hope to pursue this beyond my studies. I also bring three years of experience as an Education Assistant (EA), working with children with disabilities.

## What inspired you to become a RMHD?

Having faced my own mental health challenges from a young age, I often felt unseen and alone. By becoming a Doula, I can provide support to others, ensuring they don't have to feel alone the way I once felt. I believe my role can bring about change, advocating for individuals in marginalized communities who aren't as familiarized with the notion of mental health support.

## Values as a RMHD

Compassion, kindness and empathy guide the support I provide. My goal is to provide a comfortable, supportive, and safe environment in order to fully support you.

## Fun Facts!

I love playing games online and love everything Pokémon! I am also a huge foodie so I enjoy baking and love exploring for any great food spots!