

10 tips to support strong mental health

Making Zero Real also means getting real care for your mental well-being. Here are 10 things you can do:



Talk about it

Talk to someone you trust or a trained professional – you don't have to go at it alone



Go for a hike

Enjoying nature is a great way to relax and get fresh air



Meditate

This can happen in many different ways, find one that works best for you



Journal

Reduce stress by reflecting on your thoughts



Treat yourself

A small treat can go a long way after a hard day



Exercise regularly

It's good for both your body AND your mind



Create something new

Get creative or try a new hobby



Read a book, listen to a podcast, try sudoku!

Strengthen your mind by engaging it in different ways



Get good sleep

Put away your phone and get some rest – your mind will thank you



Find the help you need

Speak to an on-site medic or your **CWA Advisor** to learn more about the resources available. You can also visit healthlinkbc.ca/mental-health or call **8-1-1**.

Know someone who may be considering suicide? Please call 1-833-456-4566 toll free, 24/7 or visit CrisisServicesCanada.ca

Insert QR code text here:



Mental Health Helpline - Alberta Wide - Mental Health Help Line | Alberta Health Services

Phone number: 1-866-303-2642

The Mental Help Line is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.

BounceBack - BounceBack® | Reclaim your health (cmha.ca)

Phone Number: 780-482-6576

Bounceback is a free program designed to help adults and youth manage low mood, mild to moderate depression, anxiety, stress, or worry. Courses and exercises can help build skills to improve your mental health.

Health Link Calgary – 24/7 Health advice service.

Phone number: 811

Quick and easy advice from a registered nurse 24/7. They will ask questions, assess symptoms and determine the best care for your need.

Alberta Addiction and Mental Health Helpline - Alberta Wide - Addiction and Mental Health Helpline | Alberta Health Services

Phone number: 1-866-332-2322

The Addiction and Mental Health Help Line is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling.

The service is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists. It operates 24 hour a day, seven days a week and is available to all Albertans.

Crisis Services Canada Canada Suicide Prevention Service | Crisis Services Canada

Phone numbers – Call: 1-833-456-4566 – Available 24/7

Text: 45645 – Available 4pm-Midnight ET

Victim Services Alberta Home (victimservicesalberta.com)

Contact by email at: admin@victimservicesalberta.com

Distress Center Home - Distress Centre Calgary

Phone number: 403-266-4357

The Distress Centre is a 24-hour crisis line available in Calgary and Southern Alberta. This resource is useful if you need someone to talk to or recommended resources when you are in a crisis situation.

City Specific

Banff - Here to Help | Banff, AB - Official Website

Community Services Phone number: 403-762-1251 – Available 8:30am-4:30pm

Grand Prairie - Family and Community Support Services | City of Grande Prairie (cityofgp.com)

Edmonton - Community Programs | City of Edmonton (edmonton.ca)

Calgary - Community Services (calgary.ca)

Community Services Phone Number: 3114