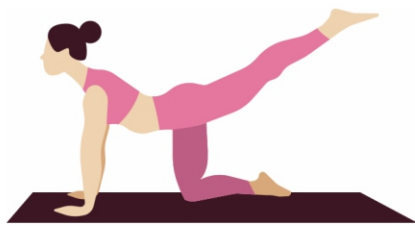


YOUR MENTAL WELL-BEING IS A PRIORITY

Mental Health Tips



Exercise



Healthy Diet



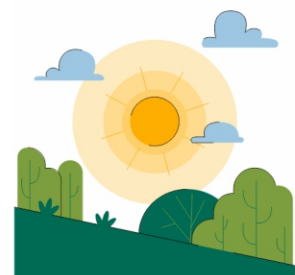
Sleep



Gratitude



Avoid Drugs



Outdoors



Seek Help



Routine



Socialize

Resources

Contact your **family physician** for support and referral

Distress Centre: 403-263-4414 – Offers 24/7 crisis support through phone, text, and online chat for individuals experiencing distress

Kids Help Phone: 1-800-668-6868 – Free, confidential 24/7 support for youth via phone, text, and chat for mental health, bullying, abuse, and more.

The Summit: Marian & Jim Sinneave Centre for Youth Resilience: 587-534-7200 – Youth mental health centre offering therapy, counselling, and resilience building programs.

Access Mental Health: 403-943-1500 – Central access for all ages in the Calgary Zone experiencing mental health or addiction concerns.

ConnecTeen: 403-264-8336 – 24-hour information and support for teens.

www.communityconnectyc.ca – provide Calgary communities with affordable, barrier-free counselling in person, by phone, or video.

Suicide Crisis Hotline 988 – Phone or Text

Addictions Helpline 1-866-332-2322

Bullying Helpline 1-888-456-2323