

# Resource List

The following resource list is provided to support mental health and wellness needs during this time.

## Important Numbers

**Emergencies: 911**

-dial 911 or go to your nearest emergency department

**Health Link: 811**

-available 24/7

**Addictions Helpline: 1-866-332-2322**

-available 24/7

**Mental Health Helpline: 1-877-303-2642**

-available 24/7

**Southern Alberta Distress and Suicide Prevention Line : 403-327-7905 or toll free**

**1-888-787-2880** (Phone support 24 hours/day, 7 days a week).

## Mental Health Information and Articles

**[Mental Health during COVID-19](#)**

[COVID-19: Taking Care of your Mental Health](#)

[Managing COVID Symptoms from Home](#)

[Taking care of mental health during COVID-19](#)

General Information on [Improving your Mental Health](#)

Wellness practices:

ASEBP: [The Sandbox](#)

Explore [Ways to Wellness](#) with Alberta Health Services.

Tips to Help you Cope- [Self-Help](#)

[Specific information to support feelings of.](#)

Isolation & Loneliness:

Tips for Coping through [Quarantine & Isolation](#)

Grief and Loss:

Supporting different types of Loss: [Loss, Grief and Healing](#)

Stress and Burnout:

Practice Mindfulness: [Stress Management for Educators](#)

Stress Management- [Stress at Work](#)

## Resource List:

### Mental Health Support Services

<https://mentalhealthfoundation.ca/text4hope/>

<https://homewoodhealth.com/corporate/services/stay-at-work/efap>

[Alberta Health Services](#)  
[Addictions and Mental Health](#)

Taber: 403-223-7244

Lethbridge: 403-381-5260

Southern Alberta Counsellors: Psychology Today

[Counsellors in Lethbridge, AB](#)

[Calgary Psychologists](#)

[Wellness Together Canada](#)

-Online mental health and substance use support

### Palliser Supports

Connect with your school's FSLC or Director of Learning, Shane Cranston, for more information on Mental Health Support options.

Please visit the Palliser Learning Services Page for further information for staff and families.

<https://sites.google.com/pallisersd.ab.ca/palliserlearningservices/wellness?authuser=0>

### Local Services Directory

**Southern Alberta Distress and Suicide Prevention Line** : 403-327-7905 or toll free 1-888-787-2880

(Phone support 24 hours/day, 7 days a week).

**Alberta Works Hours:** 7:30 am to 8 pm (open Monday to Friday, closed statutory holidays), Toll free:

1-877-644-9992, Email: [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

24-hour Emergency Income Support Contact Centre

Get [emergency financial assistance](#) to help with basic needs like shelter, food, clothing and transportation. Hours: 24/7, Toll free: 1-866-644-5135, Email: [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

Mental Health in Uncertain Times

## Resource List:

# HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

 @BELIEVEPHQ



**1** Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?



**2** Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then



**3** Take each day one step at a time. Focus on the present moment. A routine can help give you some structure



**4** In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax



**5** You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them



**6** Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment



**7** Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground

