**Mental Health Counselling Services**

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| **Phone Numbers** |  |
| SHS Mental Health Support Line  (talk to a therapist) | (403)734-5660 (5 days 9am-5pm) |
| SHS Crisis LIne | (403) 734 2596 (Every day:8am-5am) |
| Indian residential school survivor’s society | 1 800 721 0066 or 1 866 925 4419 (24hrs) |
| AHS Mental Health Help line | 1 877 303 2642 (24/7) |
| The Hope for Wellness Help line | 1 855 242 3310 (24/7) |
| Kids Help Crisis Line | 1 800 668 6868 (24/7) |
| Canada Suicide Prevention Services | 1 833 456 4566 (24/7) |
| **Text4Hope** (Mental health support) | Text COVID19HOPE to 393939 |
| **Text4Hope (**Addiction Support) | Text Open2change to 393939 |
| **Text4Hope** (Cancer Support) | Text CancerCare to 393939 |
| **Online Resources** |  |
| Wellness Together Canada | https://ca.portal.gs/ |
| Anxiety Canada | <https://www.anxietycanada.com/> |
| Centre for Addiction and Mental Health (CAMH): | http://www.camh.ca/covid19 |
| Daily Tips for parents: | <https://childmind.org/> |
| Positive Psychology Kit: | <https://positivepsychology.com/the-crisis-kit/> |
| 310 COPE: | https://www.yssn.ca/310-COPE |
| Mind your Mind Online Support: | https://mindyourmind.ca/ |
| Centre for Clinical Interventions  Australian organization that offers a number of free CBT-based online workbooks for a variety of mental health concerns. | – https://www.cci.health.wa.gov.au/ – an The workbooks can be found here: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself> |
| Anxiety and Depression Association of America | a US association of clinicians and researchers who work in the areas of anxiety and depression: <https://adaa.org/learn-from-us/from-the-experts/blogposts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and> |
| SHS Mental Health Psychological Services Facebook page | -Mental Health messages |
| APPS | |
| Headspace; Whats Up; Calm; Mindshift; Breathr | |