



MY MENTAL HEALTH PLAN

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1. Tell someone if you feel like you want to hurt yourself or feeling overwhelmed in anyway
 - Parents or other relatives
 - Brothers, Sisters or Friends – as long as they tell an adult
 - Teacher, Doctor
2. Find a calming activity when feeling overwhelmed, such as:
 - Relaxation techniques
 - Exercise
 - Reading
 - Journaling
 - Listen to calming music
 - Favourite activity
 - Talking to someone
 - Kids Help Phone 1-800-668-6868 or live chat www.kidshelpphone.ca
3. Counselling / Therapy / Psychology
 - Explore local public resources through Access Mental Health 403-943-1500
 - Explore coverage through drug plans for private psychologist
 - Consider one near home or school
 - Visit webpage www.childrenslink.ca → Counselling resources
4. In some cases, medication maybe suggested as part of treatment plan
5. Regular follow-up with doctor

FOR CRISIS:

1. Access Mental Health (403) 943-1500
They can provide information about walk-in one-time assessment counselling
2. Community Resource Team (403) 299-9699
They help find local resources and may do in-home assessment in some situations
3. Urgent Emergency Department Psychiatric assessments at
 - Alberta Children's Hospital
 - Foothills Hospital
 - South Health Campus
 - South Calgary Urgent Care
 - Sheldon Chumir Centre
4. Many other local resources...