

## MY MENTAL HEALTH PLAN

1. Tell someone if you feel like you want to hurt yourself or are 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
  - Favorite activity
  - Talking to someone
  - Kids Help Phone 1-800-668-6868 or live chat [www.kidshelpphone.ca](http://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](http://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. The Summit (587) 534-7200  
<https://www.albertahealthservices.ca/summit/summit.aspx>  
Walk-in Services for guardians and/or ages 7-17. 7 days a week service. 10:00am – 10:00pm. Parents may present without their children or youth for support with their child's mental health.
4. Urgent Emergency Department Psychiatric assessments at
  - Alberta Children's Hospital
  - Foothills Hospital
  - South Health Campus
  - South Calgary Urgent Care
  - Sheldon Chumir Centre
5. Call or text 211 for Alberta-wide resource assistance