

Mental Health and Wellness

Good Advice (from Alberta Health Services)

Everyone who experiences a disaster or emergency is affected in some way. It's normal to have symptoms of stress. For some people, these symptoms don't appear until weeks or months after the event has happened. Common reactions may include:

- Feeling angry or irritable
- Trouble focusing, remembering, or making decisions
- Feeling anxious, scared, or on edge
- Trouble sleeping or staying asleep
- Feeling sad or helpless
- Muscle tension, headaches, or stomach problems
- Questioning life's purpose or meaning
- Feeling guilt or shame

It takes some time to grieve, adjust, rebuild and recover. Many people recover on their own over time. Some people might need extra support to help them recover. It's important to know when to ask for help. You may wish to speak to your healthcare provider or a mental health professional if you are experiencing any of the following warning signs:

- Having emotional reactions that are getting in the way of relationships, work, or other important activities
- Feeling excessive guilt, shame or blame
- Avoiding or withdrawing from others
- Feeling excessive anger, sadness, or hopelessness
- Feeling excessive anxiety, fear or panic
- Feeling confused or disoriented
- Thoughts of harming yourself or others
- Use of alcohol or other drugs

Mental Health Supports

URGENT

- ***If someone requires immediate or urgent help, or in cases of immediate danger or harm, call Emergency Services at 911***
- AHS South Health Campus (4448 Front Street SE Calgary) Urgent Mental Health Care through the emergency room physician 24-7
- AHS South Calgary Health Centre (31 Sunpark Plaza SE Calgary) walk-in consultative services 8 am – 10 pm 7 days/week
- Canada Suicide Prevention Services: Available to anyone thinking about suicide or affected by suicide (between 4 pm - 12 midnight Eastern Time). Toll free 24-7 at 1-833-456-4566, or text START to 45645
- Distress Centre: Free crisis counselling and support available 24-7. Phone 403-266-HELP (4357)

NON-URGENT

- Alberta Health Services Access Mental Health: Weekday intake and referral line for non-urgent service, providing information, referral, consultation, and workshops to

individuals who have addiction and/or mental health concerns. Phone 403-943-1500. Toll free 1-844-943-1500. Email: mental.health@albertahealthservices.ca

- General Practitioner: Providing help to those in need of non-urgent medical or mental health help. Can assess and refer to appropriate available services. If the office is closed, follow after-hours recommendations.
- AHS Mental Health Walk-In: Single session therapy through the South Calgary Health Centre for clients of all ages (telephone-only at this time). Phone 403-943-9374.
- Calgary Domestic Violence Collective: 24-hour Family Violence Helpline for those experiencing non-urgent domestic abuse. Phone 403-234-SAFE (7233).
- Employee Assistance Program (EAP): Contact your employer or your Human Resources Department to access counselling through your employee benefits program.

HELP LINES

- AHS Addiction and Mental Health Helpline: Provides 24-7 telephone service which offers confidential support for mental health concerns. Phone 1-877-303-2642. Translation services available.
- Alberta's Addiction Helpline is available 24-7 toll-free and offers confidential support for alcohol, tobacco, other drugs and problem gambling: 1-866-332-2322
- Kids Help Phone: For kids struggling with a problem big or small, available 24-7. Phone 1-800-668-6868 or text CONNECT to 686868