

Resources for Mental Wellness and Health

During the COVID-19 Crisis

Text4Hope – If you are feeling stress, anxiety and depression due to the COVID-19 crisis, this might help. It's a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists. Text COVID19HOPE to 393939 to subscribe. <https://www.albertahealthservices.ca/topics/Page17019.aspx>

Bell Let's Talk – COVID-19 resources such as tips for managing your mental health, including tips for managing anxiety, stress, and panic, supporting children, youth, and loved ones, and resources for children and youth: <https://letstalk.bell.ca/en/covid-19>

Healthy Campus Unit – an initiative of the U of A, they are sending out a weekly 'Stay-In Connected' email. Receive communication with ideas on how to stay healthy and connected during physical distancing". Sign up link [here](#)

Help in Tough Times – Alberta Health Services (AHS) has put together a fantastic list of resources which includes important phone numbers, online resources, and where to find support: <https://www.albertahealthservices.ca/amh/Page16759.aspx>

Mental Health and the COVID-19 Pandemic - Centre for Addiction and Mental Health (CAMH) has a list of FAQs, tips for coping with stress and anxiety, dealing with quarantine and self-isolation, how to care for a loved one, and dealing with stigma and prejudice: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

MHCC Covid-19 Resources – Mental Health Commission of Canada has a list of various tips, guides and infographics to help during this challenging time: <https://www.mentalhealthcommission.ca/English/mhcc-covid-19-resources>

Mind Your Mood - weekly tips from the Mental Health Foundation to help you manage your mood better and stay connected: <https://mentalhealthfoundation.ca/stories/mind-your-mood-week-1/>

Wellness Together Canada – A recent initiative of the federal government, this service provides “free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed”. One of their partners is Homewood Health who provide articles for tips on various subjects, as well as e-courses on taking control of stress, taking control of mood, and resilience. <https://ca.portal.gs/>