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# MENTAL HEALTH SUPPORTS



A monthly newsletter highlighting Mental Health programs available within the PRSD



## Emergency Links & Phone Numbers

Addictions and Mental Health Helpline  
(24-hour support)  
1-877-303-2642

Peace River Addictions and Mental Health  
780-624-6151

Kids Help Phone  
1-800-668-6868

Indigenous Support Line  
(North Zone & Area)  
1-844-944-4744

mykickstand.ca

## Protecting your Mental Health during the holidays

With the holiday season approaching, it is important to have someone to reach out to if needed.

The Town of Peace River FCSS has compiled a list of local resources called "Everyone Needs Help Sometimes" for support for you and your family. To view the list - click [HERE](#)

## Tips from the Canadian Mental Health Association

Did you know 52% of Canadians report feelings of anxiety, depression and isolation during the holiday season. Make a plan now to protect your own mental health from holiday stress. **Here are five tips that may help:**

1. Don't fall prey to the great expectations that come along with the holiday. You get to celebrate (or not celebrate) in whatever way feels best for you.
2. Remain aware of overindulgence, whether that's with food, commitments or gifts. Stick to a budget, eat what makes your body feel good, and remember the holidays are meant for rest as well as fun.
3. Don't worry about being a perfect host. Delegate tasks, take a break, and don't forget to create and maintain personal boundaries.
4. Holidays can be especially hard for those who have lost a loved one. To avoid feeling sad and alone try volunteering at a foodbank, or a toy drive, write letters to far-away friends and family, or do something special just for you.
5. For others, being around more people than normal during the holidays can be emotionally and mentally draining. Remember to set boundaries, and attend events that energize you. It's okay to leave early or not go at all.

## May you have a safe and healthy holiday season!



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