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MENTAL HEALTH SUPPORTS

A quarterly newsletter highlighting Mental Health Resources



Emergency Links & Phone Numbers

Suicide Crisis Helpline
Text or Call: 988

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

Three tips to feel better this Spring

Courtesy of the Canadian Mental Health Association

- 1. Get outside:** There's nothing better than a northern Alberta Spring. The days are long, the sun is bright, and the snow is melting! Being outside in the sun allows your body to absorb more Vitamin-D from the sun, which can boost your mood and energy levels.
- 2. Get Active:** Start by setting small goals like taking the stairs instead of an elevator, or walking for just 10-minutes at a time. Exercise is a great way to relieve stress and increase energy.
- 3. Eat a Balanced Diet:** Eating more fruit and vegetables, or foods rich in omega-3 fatty acids may also help boost your mood this Spring.

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