

SPRING 2024 | VOL. 4

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.

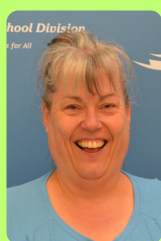
Peace River School Division Mental Health Team



Loro Koski
Mental Health in
Schools Program
Manager



Sandra MacKenzie
Mental Health
Capacity Building
Program Manager



Chris Kaip
Divisional School
Social Worker



Travis Mitten
School Social/Emotional
Behaviour Consultant



Connie Kramer
School Family
Liaison Worker



Margaret Buruma
School Social
Worker



Lorena Combes
School Social
Worker