



HELP FOR ME



Canadian Mental
Health Association
Edmonton
Mental health for all

EMERGENCY NUMBER

911

24 HOUR CRISIS LINES

Bullying Helpline

1-888-456-2323

Bro Talk (Support for teen guys)

1-866-393-5933

Child Abuse Hotline

1-800-387-KIDS (5437)

Distress Line

780-482-HELP (4357)

Hope for Wellness

(First Nations and Inuit help line)

1-855-242-3310

Kid's Help Phone

1-800-668-6868

Rural Distress Line

1-800-232-7288

Sexual Assault Crisis Line

780-423-4121

Suicide Crisis Line

1-800-448-3000

LIMITED HOURS SUPPORT

Bro Talk Chat (for teen guys)

www.brotalk.ca/#

Children's Mental Health Crisis Line

780-427-4491

Kids Help Phone Live Chat

kidshelpphone.ca/Teens/

AskUsOnline/Chat-counselling.aspx

Online Crisis Chat

edmonton.cmha.ca/

programs_services/online-crisis-chat/



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CMHAEdmonton



CMHAEdmonton

Contact

CMHA - Edmonton Region

300-10010 105 Street NW

Edmonton, AB T5J 1C4

t: 780-414-6300

f: 780-482-7498

main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

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WEBSITES

brotalk.ca

calgaryconnecteen.com

help4me.ca

itgetsbetter.org

jack.org

kidshelpphone.ca

lifesigns.org.uk

linkyeg.ca

mindyourmind.ca

mygsa.ca

needhelpnow.ca

reachout.com

seemescotland.org

sioutreach.org

teens.drugabuse.gov

youthsmart.ca

MENTAL HEALTH TIPS

- Exercise! It releases endorphins!
- Get enough sleep.
- Eat healthy.
- Try to avoid unhealthy habits (cigarettes, drugs, alcohol, etc.).
- Surround yourself with people that encourage you to be healthy.

IF YOU CAN'T GO HOME

Boyle Street Community Services

780-424-4106

E4C – Inner City Youth Housing Project
(14-17 yrs)

780-479-7075

Hope Mission – Youth Shelter
(16-24 yrs)

780-422-2018

NOVA (16-24 yrs)

780-428-7590

YESS (Nexus) (15-24 yrs)

780-468-7070 extension 229

STRESS MANAGEMENT

1. Get organized and make a “to do” list every day.
2. Jump in! **Stop worrying and start doing.**
3. **Start with the tough stuff.**
(That means the rest will be easier!)
4. If something optional comes up, like an extra shift at work when you really need to study, or going out with friends when you need a good night's sleep, **it's okay to say “NO”.**
5. **Reach out for help!**
We all need help sometimes.

APPS

A Friend Asks

jasonfoundation.com

Always There

Kids Help Phone

Booster Buddy

Island Health

Calm in the Storm

Tactica Interactive

Happy Healthy

Makerlabs

The Lifeline

thelifelinecanada.ca

MindShift

Anxiety Disorders Assoc. of BC

Mind Your Mood

Mind Your Mind

PTSD Coach Canada

Veteran Affairs Canada

ReachOut Australia

ReachOut Australia

Re leaf

Mind Your Mind

Saying When: How to quit drinking or cut down

Centre for Addiction and Mental Health

Stop Panic & Anxiety Self Help

Excel At Life

SELF-HARM

If you are hurting yourself intentionally in order to cope with difficult emotions, reach out and talk to an adult or professional. Developing healthy coping skills is the best way to stop. Transitioning to healthy strategies can be difficult and people often have setbacks. When the urge to self-injure is very strong, try:

- squeezing ice
- snapping an elastic band on your wrist
- drawing or writing on your skin instead

TAKE A BREAK!

- Take a mental vacation – imagine yourself anywhere you want to be.
- Create something – draw, sculpt, build, knit, film, blog, etc.
- Laugh – seek out funny videos, comics, books, pictures, etc.
- Spend time with animals or in nature.
- Be kind to yourself – take a bath, drink tea, go to bed early, etc.

HOW TO HELP A FRIEND WHO IS STRUGGLING OR HAS A MENTAL ILLNESS

- Encourage them to reach out to a caring adult or professional.
- Spend time with them and remind them you care.
- Avoid judging them even if you don't understand exactly what they are going through.
- Learn more about the problem or illness.
- If they are hearing voices, can't sleep or eat, are harming themselves, or doing dangerous things – connect them to someone who can help (like a parent or guardian, teacher, counsellor, or doctor).
- Call 211 to learn about specific services for your friend and for you.

POSITIVE AFFIRMATIONS

Try changing your self-talk!

- I am strong and I can do this.
- I will keep trying.
- I am doing my best.
- I matter and what I can offer also matters.
- Progress is progress, no matter how small.

IF YOU ARE WORRIED A FRIEND MIGHT BE THINKING ABOUT SUICIDE:

1. Ask them directly (even if they seem only to be joking)—“are you thinking about suicide?”

Asking someone about suicide will NOT make them suicidal— it may save a life

2. Listen without judgement.
3. Encourage them to seek support: call a 24 hour crisis line; offer to go with them to talk to a counsellor, or their parent or guardian, or to see a doctor. If they don't reach out to an adult, do it for them – their life is at risk.
4. Follow up to see how things went and ensure they are getting support from an adult or professional.

REMEMBER:

Sometimes, even with our best intentions, suicide does happen. If your friend takes their own life, it is not your fault.

SUPPORTS FOR YOUR MENTAL HEALTH

For more information and referrals call 211

AHS – Addiction Services Youth Counselling (under 18)
780-422-7383

AHS – Eating Disorder Program
780-407-6114

AHS – Mental Health Help Line
1-877-303-2642

AHS – Walk-In Therapy (6-17 yrs)
780-342-2710

CMHA – Suicide Grief Support Program
780-482-0198

CASA Child, Adolescent and Family Mental Health
780-400-2271

City of Edmonton Community Services
780-496-4777

Drop-In Single Session Counselling
dropinyeg.ca

Edmonton Mennonite Centre for Newcomers
780-423-9696

Momentum Walk-in Counselling
780-757-0900

Native Counselling Services of Alberta
780-451-4002

SUICIDE

If you are going to take your life, call 911 and get the emergency help you deserve.

If you are considering suicide, reach out to a friend and then **connect to an adult or professional**. Talk to a parent or guardian, a teacher, a counsellor, a doctor, or other caring adult.

You can also call one of the 24 Hour Crisis Lines found in this booklet.

You are not alone. There is help! **Keep reaching out** until someone listens and you get the support you need. With help you CAN feel better.

IF YOUR FRIEND IS TALKING ABOUT ATTEMPTING SUICIDE:

If your friend is texting, posting, or talking about suicide, **DO NOT KEEP THIS A SECRET – Call 911 – your friend's life is in danger and this is an emergency.**

If you are afraid your friend will be angry with you for telling an adult remember, you would rather a mad friend, than a dead friend.

OTHER SUPPORTS

For more information and referrals call 211

AHS – Adolescent Pregnancy Clinic
780-735-6892

Bent Arrow: Traditional Healing Society
780-481-3451

Boyle Street Community Services
780-424-4106

Child and Youth Advocate
780-422-6056

Compass Centre for Sexual Wellness
780-423-3737

E4C 780-424-7543

Edmonton's Food Bank
780-425-4190

REE START (16-21) 780-428-7590

iHuman Youth Society
780-421-8811

Old Strathcona Youth Society
780-496-5947

Pride Centre of Edmonton
780-488-3234

Terra Centre for Teen Parents
780-428-3772

Youth Empowerment and Support Services (YESS) 780-468-7070