



# HELP FOR ME



Canadian Mental Health Association  
Edmonton  
*Mental health for all*



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 **CMHAE**dmonton

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## Contact

CMHA - Edmonton Region  
300-10010 105 Street NW  
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main@cmha-edmonton.ab.ca  
www.edmonton.cmha.ca

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## IF YOU CAN'T GO HOME

Boyle Street Community Services  
780-424-4106  
E4C – Inner City Youth Housing Program  
(14-17 yrs)  
780-479-7075  
Hope Mission – Youth Shelter  
(16-24 yrs)  
780-422-2018  
NOVA (16-24 yrs)  
780-428-7590  
YES (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.

## 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/

## WEBSITES

brotalk.ca  
calgaryconnecteen.com  
help4me.ca  
itgetsbetter.org  
jack.org  
kidshelpphone.ca  
lifesigns.org.uk  
linkyeg.ca  
mindyourmind.ca  
mygsa.ca  
needhelppnow.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.

## 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