

May 2022 Wellness Month

Mental Health and Well-Being Resources



We hope you have found some useful information in this brochure and in HHF's May 2022 Mental Health and Wellness Campaign.

There are many ways for you to find optimal mental health. Just as there are different causes and symptoms, there are many ways for you to take control of mental illness and maintain a healthy well-being.

It's okay to not always be okay. It is not okay to ignore what your mind and body needs. Please be kind to yourself and recognize healing can take time. You've got this.



Access to links for the above resources and the 2022 HHF May Wellness Campaign can be accessed on our website through this link:



Stay safe, healthy, and happy!

Mental health and overall well-being are an important part of overall health. It affects how we feel, think, and interact with the world around us. Everyone has mental health and sometimes we need outside support to help us maintain optimal well-being or assist us through challenging times.

If you are feeling unable to manage your well-being, it is important to seek the proper support.

Here are some local organizations offering preventative mental health services and resources to help support the communities they serve.

Community Funded Counselling

(On a sliding scale or "pay what you can afford")

The **Family and Community Support Services (FCSS)** counselling program is confidential and provided on a sliding fee schedule. FCSS counsellors use solution focused, cognitive behavioural approaches to assist clients in meeting their counselling goals for a variety of concerns. These may include anxiety, depression, loss, marital and relationship issues, stress, family conflict, parenting challenges, self-esteem and others.

Fort Saskatchewan residents can call 780-992-6267.

Sherwood Park residents can call 780-464-4044.

Edmonton residents have a number of funded agencies they can reach out to. For a list of agencies, ask Amanda Lasuta, HSE Coordinator, or visit www.edmonton.ca and search: "2022 Approved Funded Agencies".

Canadian Mental Health Association (CMHA)

For more than 60 years, the Canadian Mental Health Association (CMHA), Alberta Division has focused on prevention, recovery and support for Albertans impacted by mental illness.

For information, visit www.alberta.cmha.ca

Togetherall—Virtual Mental Health support for Albertans

Virtual mental health prevention and support is available free by video, telephone and messaging for all Albertans. Virtual addiction and mental health supports are available to help Albertans get the care they need, when they need it, no matter where they live.

Website: www.togetherall.com/en-ca/

Alberta Health Services (AHS)

AHS provides wellness management resources to support healthy communities:

For 24/7 confidential information of mental health programs and services by medical professionals, call: 1-877-303-2642

For community mental health resources, call: 211.

To reach the Crisis Text Line, text: "CONNECT" to 741741.

For more information and for free AHS mental health workshop dates and resources relating to mental health, visit albertahealthservices.ca and type '**help in tough times**' into the search bar.

HHF Employee Assistance Program (EAP)

The HHF employees benefits program provides mental health resources on prevention and support to employees.

<https://lifeworks.com/en/employee-assistance-wellbeing>

Username: partner

Password: balance

Confidential chat line 24/7: 1(866) 331-6851

