

HELPLINES, ONLINE SUPPORT & COMMUNITY CLINICS

Mental Health Helpline	1-877-303-2642
Addiction Helpline	1-866-332-2322
Community Resources	211 Alberta
Crisis Text Line	Text CONNECT to 741741
Kids Help Phone	1-800-668-6868 or Text CONNECT to 686868
Income Supports	1-866-644-5135
Help in Tough Times	Online tools and resources to help Albertans through stressful times and unexpected events such as the current outbreak of COVID-19: www.ahs.ca/helpintoughtimes
Text4Hope	www.ahs.ca/text4hope Free text messaging support for mental health and wellness during uncertain times. To subscribe: text COVID19HOPE to 393939.
Healthy Together	A Guide to family and home life during COVID-19. Also found on the AHS HelpinToughTimes website: www.ahs.ca/helpintoughtimes
Helping Teens Adapt to a New Normal	https://www.albertahealthservices.ca/news/features/2020/Page15476.aspx
Mental Wellness Moment with Dr. Nicholas Mitchell (Provincial Medical Director, Addiction and Mental Health)	YouTube Videos on topics including how to deal with stress and talking to kids about COVID-19. Also found on the AHS HelpinToughTimes website: www.ahs.ca/helpintoughtimes
Suicide Prevention HELPLINES	811 HealthLink Calgary Connect Teen: 587-333-2724 (Text) First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
Addiction and Mental Health Services – Community Clinics	www.ahs.ca/amh Support is available from Addiction and Mental Health clinics. Where possible, support and treatment will be provided by phone. Clients are encouraged to contact the clinic prior to their appointment to discuss whether services can be provided by phone. Staff will be prescreening clients prior to client visits.
Adult Addiction Services and Rapid Access Addiction Medicine (RAAM) - Service provided by Adult Addictions Services Calgary (AASC)	Free assessment and counselling and treatment planning services for individuals 18 yrs and older and use substance and/or have a behavioural addiction such as gambling. Phone: 403-367-5000

GRIEF & LOSS SUPPORTS

For AHS Professionals	
Grief Resource – Support for Staff Document	A brief (1-2 page) Support for Staff document Being developed by: AHS Provincial Spiritual Care
For AHS Professionals & Public	
Spiritual Practices to Support Resilience, Well-being & Coping	A Guide (Brochure Series) Developed by: MHPIP & Provincial Team, ADM & Spiritual Care)

Grief & COVID-19	The 5 Stages of Grief Developed by: ADM; EDM Zone Contact: laurie.young@ahs.ca
Grief Support Program	<p>1. Individual counselling and grief groups</p> <p>1. Call 403-955-8011 to book an appointment At that time you will be asked to provide: Alberta Health Care number Legal name, date of birth, address and phone Palliative Care and End-of-Life Care Calgary Zone</p> <p>2. Video – Grief and Loss during a Pandemic</p> <p>2. Video - ‘Grief and Loss during a Pandemic’ This psychosocial educational offering recognizes that grieving can be more complex during an experience like a pandemic. The presentation outlines supports, tools and approaches to grief and loss during a pandemic when in-person classes are not available.</p> <p>This video is posted on the AHS You Tube Channel and can be accessed through this link: Grief and Loss during a Pandemic</p> <p>For more information please see the attached brochure and/or visit: https://www.albertahealthservices.ca/info/Page13161.aspx</p>
Hope & Healing (Grief Resource)	https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-hope-and-healing-brochure.pdf
Healing Your Spirit (Indigenous)	https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf

WRITTEN/PUBLICATIONS

Addiction and Mental Health	<ul style="list-style-type: none"> • COVID-19 and Your Mental Health (AHS) • Positive Steps for Your Mental Wellbeing (AHS) • Mental health and coping with COVID-19 (CDC) • Take Control of Your Mental Wellbeing (AHS) • Positive Steps for Your Mental Wellbeing (AHS) • Mobile Tools to Help During COVID (Provincial ADM) <ul style="list-style-type: none"> • https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-mobile-tools-mental-wellness.pdf • Alcohol & COVID-19: What You Need to Know: <ul style="list-style-type: none"> • https://www.albertahealthservices.ca/info/Page16022.aspx • Cannabis & COVID-19: What You Need to Know: <ul style="list-style-type: none"> • https://www.albertahealthservices.ca/info/Page16023.aspx • Opioid Poisoning response and COVID 19: <ul style="list-style-type: none"> • https://www.albertahealthservices.ca/assets/info/hrs/if-hrs-cbn-opioid-poisoning-response-covid19.pdf
-----------------------------	--

Family	<ul style="list-style-type: none"> • Coping and Connection for Children & Families During COVID-19 (AHS) • Talking with children about COVID-19 (CDC) • Talking with children during infectious disease outbreaks (SAMHSA) • Helping Children/Teens Recover from Disaster • Coping at Home for Families - Wellness & Meaningful Activity Guide • AHS CAL Zone: <ul style="list-style-type: none"> • https://extranet.ahsnet.ca/teams/HPSP/AHPPE/Manage/covid-19/SitePages/Home.aspx • Family Resiliency Checklist – Simple Connections Stronger Families • Taking Charge of What You Can: A COVID-19 Toolkit • A toolkit designed to help people focus on the things you can change in your life during these times instead of focusing on things you cannot control • Community ADM, CAL Zone • Pdf only – no website link
Family – Designed for AHS Professionals	<ul style="list-style-type: none"> • Virtual Caregiver Education • https://www.cyfcaregivereducation.ca/covid-19-resources • Lunch & Learn Webinars; Virtual Parenting Group; Mental Health Videos & other community resources • EDM Zone (Education Team of Children, Youth & Families)
Resiliency	<ul style="list-style-type: none"> • Building Resilience: A Social Media Toolkit to Promote Physical & Mental Health <ul style="list-style-type: none"> • Themes include: Move Your Body, Mindfulness, Expand Your Mind, Fuel Your Body & Positive Affirmation • Produced by ADM, Central Zone • Toolkit available on SPARC website: https://sparcreddeer.ca • For more information contact: denise.freeden@ahs.ca • Note: SPARC is Provincial Addiction Prevention Coalition – Funded by AHS • Building Resilient Families by Promoting Positive Mental and Physical Health <ul style="list-style-type: none"> • Tips, Tools & Resources to help in times of stress (e.g., mindfulness and breathing techniques; nutrition & physical activity tips) and more • For more information contact: denise.freeden@ahs.ca
Emergency / Disaster Preparedness & Recovery	<ul style="list-style-type: none"> • Practical and Emotional Preparedness for a Pandemic (AHS) • Responding to a Disaster or Emergency • Recovery after a Disaster or Emergency • Helping You Recover and Stay Well After a Disaster or Emergency
Suicide Prevention Domestic Violence Health Information for Indigenous Population	<ul style="list-style-type: none"> • Tips for Communicating About Suicide (Tip Sheet) • https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-how-to-communicate-about-suicide.pdf (Insite - Prov Injury Prevention Team) • https://insite.albertahealthservices.ca/dv/Page16955.aspx <ul style="list-style-type: none"> ○ This Insite page covers all various topics on Domestic Violence which is relevant because of the increase in domestic violence in Alberta due to COVID • Series of Posters about COVID-19 (e.g., health information, testing, how to stay safe). • Produced by the Indigenous Health Program • Contact:

LEARNING / PROFESSIONAL DEVELOPMENT

<p>Psychological First Aid (PFA) for a Pandemic</p>	<ul style="list-style-type: none"> • Psychological First Aid (PFA) is considered to be the first stage intervention during a disaster or emergency. • PFA Online Training allows responders to provide support over the phone to individuals that may be quarantined, in self-isolation or practicing physical distancing in order to prevent the spread of a pandemic. • Objective: To build capacity of helpers by using practical care and support within the four main actions of PFA that they can use over the phone with affected individuals. • Audience: Professionals/Paraprofessionals, first responders, non-profit organizations, and public • The 2-hour interactive online training will cover essential tools, key PFA action principles and self-care for responders. <ul style="list-style-type: none"> ○ Training is done in real-time; audience participation is required. ○ Audio required. ○ Skype is recommended (if you don't have Skype, please indicate it at the time of registration). • To register email: HPDIP.MH.EarlyID@ahs.ca
<p>Psychosocial Disaster Learning Series</p>	<ul style="list-style-type: none"> • A refresher session for those who have taken Psychological First Aid (PFA). It is NOT intended to replace PFA training, but to be used as a pre-deployment refresher for staff. • Goal: To provide a foundational review of knowledge about a disaster psychosocial approach, tailoring it to our local needs in Alberta. • Objective: Update staff knowledge prior to being deployed in an AHS disaster responder role. This course offers practical, skill-based education. • There is a self-study component, supplemented by interactive multi-media presentations, and real life scenarios to review fundamentals of PFA in action. There will be five chapters within this learning series that will be released from May to July 2020. • Chapter 1 is available now. • To register: Visit MyLearningLink for AHS staff. • Note: Courses will be offered externally soon.
<p>Transform Your Stress (Condensed) – Psychosocial Response to Disaster</p>	<ul style="list-style-type: none"> • Stress effects people physically, mentally, and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic. • This introductory course for clinical and personal use includes a basic discussion of stress plus looks at different ways to manage stress including two HeartMath breathing techniques. • Objectives: <ol style="list-style-type: none"> 1. Discuss the stress response; 2. Identify warning signs of stress; 3. Make an action plan to address their own stress; 4. Review how emotions impact the body, brain, and overall health; 5. Participate in two practical stress-relieving breathing techniques; 6. Discuss how emotional resilience can be enhanced through regular use of the breathing tools; 7. Discuss potential use of the HeartMath tools in the clinical setting.

	<ul style="list-style-type: none"> • Audience: AHS staff • Details: Instructor-led 1.75 hour over Skype • To register, visit: MyLearningLink For more information contact: AHS.HeartMath@ahs.ca
<p>Transforming Stress - Adult Mini Toolkit for Clinicians</p>	<ul style="list-style-type: none"> • Stress affects people physically, mentally and emotionally. Many Albertans have identified feeling stressed with the advent of the COVID-19 pandemic. • This advanced course for clinicians, reviews three of the HeartMath breathing techniques and tools introduced in 'Transform Your Stress - The Resilience Advantage' course and supports their application for AHS staff and clinicians who are working with clients in person or on the phone. • Objectives: <ol style="list-style-type: none"> 1. Discuss teaching points for three HeartMath breathing techniques. (Heart Focused Breathing, Inner Ease, and Quick Coherence); 2. Identify warning signs of stress; 3. Identify 2 benefits of clinician coherence for the therapeutic relationship. • Audience: AHS employees in a direct service role who work with adults • Details: Instructor-led 1.75 hour over Skype • To register, visit: MyLearningLink • For more information contact: AHS.HeartMath@ahs.ca