

What is Mental Health?

Mental health is the state of your psychological and emotional well-being. It is a necessary resource for living a healthy life and a main factor in overall health. It does not mean the same thing as mental illness. However, poor mental health can lead to mental and physical illness.

Good mental health allows you to feel, think and act in ways that help you enjoy life and cope with its challenges.

How can you take care of your Mental Health

Take care of your mental health in the same way you would take care of your physical health. It takes practice, patience and support.

You can maintain or improve your mental health by following the advice below.

- Know and accept that life can be challenging.
- Know and accept your strengths and weaknesses.
- Set realistic goals for yourself.
- Accept yourself and others. This is the basis of self-esteem.
- Learn to recognize and understand that you and others have both positive and negative feelings.
- Create a sense of meaning in your life by learning and trying new activities, like starting a hobby.
- Create healthy, trusting relationships with people who accept and support you.

Being mentally healthy can:

- Increase coping skills—how we handle difficult experiences and stresses
- Increase self esteem—feeling confident in your worth and abilities
- Improve resiliency—your ability to successfully move on after a negative event and regain control of your life

Resource: <https://www.canada.ca/en/public-health/services/about-mental-health.html>



ALBERTA
NEUROLOGIC CENTRE

300, 1608 17th Ave SW
Calgary, AB
T2T0E3

Phone: 587-747-5615
Fax: 587-747-5616
Email: reception@ancentre.ca

Mental Health Resources



The Distress Centre

The Distress Centre provides 24-hour crisis support in Calgary and southern Alberta. This is available through their 24-hour crisis phone line, email and daily chat. They also provide professional counselling for clients with concerns that cannot be resolved over the phone.

Their mission is to “provide compassionate, accessible crisis support that enhances the health, well-being and resiliency of individuals in distress.”

Contact Info: Crisis Line-403-266-HELP (4357), the service is free and is offered in over 200 languages, Hearing Impaired Line-403-543-1967.

Email:help@distresscentre.com.

Website:www.distresscentre.com.

Mental Health Help Line

24/7 telephone service providing help for mental health concerns for Albertans including information about mental health programs and services and referrals to other agencies where needed.

This service is confidential and anonymous and is available to anyone by calling 1-877-303-2642.

Jewish Family Services (JFSC)

JFSC provides social services to individuals, children, youth and families and are accessible to people of all faiths and cultures.

JFSC encourages individuals to call them at any time for support or inquires at 403-287-3510, or email at info@jfsc.org. You may also visit their website for more info at www.jfsc.org

Mental Health in Urgent Care

Alberta Health Services (AHS) offers mental health assessments on a walk-in basis in multiple locations in Calgary and surrounding areas such as Sheldon M. Chumir Health Centre, South Calgary Health Centre, Airdrie Community Health Centre, Canmore General Hospital, Cochrane Community Health Centre, Banff Mineral Springs Hospital and Okotoks Health and Wellness Centre.

Urgent mental health services are available with no appointment through these Urgent Care departments. Psycho-social assessments and supports are available on an out-patient basis.

Catholic Family Services (CFS)

CFS provides programs and services designed to help people work through issues like marital problems, family breakdown, trauma and abuse. Their mantra is “*humanity above all else*, which means we do not turn anyone away”.

CFS offers a wide range of counselling, education and community outreach programs to help equip people with the knowledge and skills to deal with a variety of issues.

For counselling, community services, support and general inquiries call 403-233-2360 or email intake@cfs-ab.org. You may also visit their website for more info at www.cfs-ab.org.

Calgary Counselling Centre (CCC)

CCC provides one on one sessions with a counsellor. They do not have a waitlist and you do not need a referral from a physician, this means you can be seen quickly. You can register by calling 1-833-827-4229 or going to calgarycounselling.com.

CCC uses a sliding fee scale, this means your fee will depend on your income and how much you can afford to pay. They will provide you with a quote when you register and if you feel as though it is not affordable, they will discuss this at your first session.

Access Mental Health (AMH)

AMH is a non-urgent service that Provides information, consultation and referrals to individuals residing in the Calgary zone who have addiction or mental health concerns.

When an individual calls in they are connected to a Mental Health Clinician who will complete a clinical interview over the telephone to assess the individual’s needs. These clinicians are familiar with both Alberta Health Services and community-based programs and will explore all options in order to refer individuals to the most appropriate resource for them.

You can call AMH at 403-956-1500 or contact by email at mental.health@albertahealthservices.ca. You can also be referred to AMH by your family physician.