

# WELLNESS NEWSLETTER



## MENTAL HEALTH TIPS

- ❤ Breathe
- ❤ Drink Some Water, Get Some Sleep
- ❤ Do Activities That You Enjoy
- ❤ Take Two Minutes To Focus On The World Around You
- ❤ Think Positive Thoughts
- ❤ Talk To Someone You Trust

## UPCOMING EVENTS

ACTS OF KINDNESS

TIME TO RELAX

FRESH AIR BREAK

GET SOME REST

## HELPLINES

- ◆ Suicide Crisis Line: 1-833-456-4566 or text 'START' to 45645
- ◆ Kids Help Phone: 1-800-668-6868 or text 'CONNECT' to 686868
- ◆ [www.needhelpnow.ca](http://www.needhelpnow.ca) for cyberbullying help
- ◆ Alberta Mental Health Help Line: 1-877-303-2642
- ◆ [mykickstand.ca](http://mykickstand.ca)
- ◆ Bullying Help Line: 1-888-456-2323 extension 2
- ◆ LGBTQ: 1-800-OUT'IS'OK (688-4765) (5pm-10pm)
- ◆ Canadian Mental Health Rural Distress Line: 1-800-232-7288
- ◆ Native Youth Crisis Line: 1-877-209-1266

## REMINDER

**MENTAL WELLNESS IS A SHARED RESPONSIBILITY.**

