

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email:

Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](#)

Proposed publication date: Oct. 3, 2022

Content provided by: Alberta Health Services

Reach out if you need help

World Mental Health Day takes place Oct. 10, 2022.

It is estimated that one in five Canadians will experience a mental illness throughout their lifetime. World Mental Health Day gives Albertans an opportunity to talk about mental health issues and the importance of early recognition, proper diagnosis and access to effective medical treatments and support.

If you or someone you know is struggling, you are not alone. Help is available, 24 hours a day, seven days a week, by calling Health Link toll-free at 811 or the Mental Health Helpline at 1-877-303-2642.

If you are in crisis, please do not wait. Connect with your healthcare provider today or call 911 if it is an emergency. Your doctor or care provider can give you immediate support, and can also connect you with a range of programs and other supports.

AHS also provides a range of programming and treatment options for children and youth, including counselling services for youth through community mental health clinics, as well as specialized and hospital-based services that help to treat mental health issues.

And embrace the power of connection. If you are struggling, reaching out to someone you trust. Talk to a family member or friend, who may be able to help you work through day-to-day concerns.

Go to ahs.ca/helpintoughtimes to learn more and to find reliable information on steps you can take to take care of yourself or others, including:

- Text4Hope is a free text messaging service that offers supportive texts based on cognitive behaviour therapy to help people identify and adjust negative thoughts and behaviours associated with the pandemic.
- Transform Your Stress is a virtual course on stress management/emotional resilience to help Albertans identify and transform their stress.
- Wellness Exchange is a series of skill-building workshops designed to increase our ability to cope with change, build resilience, and improve our overall well-being.

Topics include problem-solving, positive activities, managing reactions, helpful thinking and healthy connections.