



**Gateway  
Association**

# Mental Health Resource Book



# CONTENTS

## General Mental Health Resources

Websites	3
Apps	4
Counselling	4
Toolkits	4
Videos	4
Podcasts	5

## Anxiety & Depression Dedicated Resources

Websites	6
Apps	7
Toolkits/Workbooks	7
Videos	8
Podcasts	8

Help Lines	9
------------	---

## **General Mental Health Resources:**

### **Websites**

- Inform Alberta – Community, health, social, and government services directory for Alberta:  
<https://informalberta.ca/public/common/viewSublist.do?cartId=1018353>
- Peer N Peer - substance programs <https://ourhealthyeg.ca/peer-n-peer>
- Learning Disabilities Association of Canada - tips and strategies while dealing with a learning disability in the workplace <https://www.ldac-acta.ca/>
- Life Voice - workshops, virtual training and supports <https://www.lifevoice.ca/>
- Mental Health Commission of Canada - bilingual, resources, webinars and supports surrounding mental illnesses.  
<https://www.mentalhealthcommission.ca/English>
- End The Stigma - provides resources, and a community of support <https://endthestigma.blog/>
- Healthy place - Information and resources for different mental illnesses and disorders.  
<https://www.healthyplace.com/>
- I Still Matter -blog posts, collaborations of artists for mental health and a community of support.  
<https://linktr.ee/istillmatter>
- Alberta Mental Health and Addictions Services - Information for achieving positive mental health.  
<https://www.albertahealthservices.ca/amh/amh.aspx>
- Oliver Primary Care Network - services available in the Oliver and surrounding areas.  
<https://www.eopcn.ca/services/mental-health-services/>
- The Family Centre - counselling, classes & available in different languages <https://www.the-family-centre.com/>
- Mood Disorders Society of Canada -education, support, research <https://mdsc.ca/>
- My Well Self -share your mental illness story, holistic treatments and finding practitioners in Canada.  
<https://www.mywellselfcanada.com/share-your-story>
- Living Compassion - zen awareness, self-compassion <https://www.livingcompassion.org/>
- National Alliance on Mental Illness - Infographics, fact sheets and resources on mental health.  
<https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets>
- The Mighty - mental health magazine + resources, also in the apple app store  
<https://themighty.com/>
- Why is this happening? - education surrounding racism and prejudice <https://www.100yearhoodie.com/why>
- World Federation for Mental Health – Mental Health webinars and courses <https://wfmh.global/>
- 10 Days of - free online coaching <https://10daysofhappiness.org/>

## **General Mental Health Resources:**

### **Apps**

- Togetherall - anonymous support groups <https://togetherall.com/en-ca/>
- Feelmo - learning how to understand feelings & communicate <https://www.feelmo.io/>
- Healthy Minds Network - adults & young adults dealing with mental illnesses.  
<https://healthymindsnetwork.org/>
- Journify - Learning about mindfulness <https://journify.co/>
- MoodMission - help with coping skills and improving feelings <http://moodmission.com/>
- Pride Counseling - schedule meetings with therapists with live chats and video calls , discuss issues surrounding the LGBTQ+ community <https://www.pridecounseling.com>

### **Counselling services:**

- Better Help - counseling for individuals <https://www.betterhelp.com/>
- Catholic Social Services - safe houses, counselling, supports <https://www.cssalberta.ca/>
- Gender Identity Therapist - online and in person counselling & therapy for individuals in the LGBTQ+2 community  
[https://shiftpsych.com/counselling/gay-lgbt-counselling/?gclid=CjwKCAjwL2BRA\\_EiwAacX32T0iC1\\_q5LbpRTFIMozFmkN-OAbG786ef8b6ENRHcBI\\_v3wg9OYuDhoC8aEQAvD\\_BwE#](https://shiftpsych.com/counselling/gay-lgbt-counselling/?gclid=CjwKCAjwL2BRA_EiwAacX32T0iC1_q5LbpRTFIMozFmkN-OAbG786ef8b6ENRHcBI_v3wg9OYuDhoC8aEQAvD_BwE#)

### **Toolkits**

- Low self-esteem guide - learning how to have confidence <https://www.449recovery.org/low-self-esteem/>

### **Videos**

- Mental Health & Well-being for Young Adults <https://www.youtube.com/watch?v=7KCredA30II>
- Small things make a big difference to mental health <https://www.youtube.com/watch?v=D1fTrTa1ncA>
- The Importance of Emotional & Social Health for Teens and Young Adults.  
[https://www.youtube.com/watch?v=2jMtv7VX\\_E](https://www.youtube.com/watch?v=2jMtv7VX_E)
- There's no shame in taking care of your mental health <https://www.youtube.com/watch?v=BvpmZktlBFs>
- What is Mental Health? <https://www.youtube.com/watch?v=G0zJGDokyWQ>
- What they don't tell you about mental health <https://www.youtube.com/watch?v=ieXB-BGxYwg>

## **General Mental Health Resources:**

### **Podcasts**

- Mental Snapback - discussion about mental illnesses and learning to cope and create a community.  
<https://mentalsnapback.com/about/>
- OTR - Achieving Mental Health for Real - interviews, share stories and learning how to have a healthy mental state  
<https://podcasts.apple.com/us/podcast/over-the-rainbow/id1485260458>
- Ted Health - Series of discussions about mental health <https://www.ted.com/topics/health>
- The Happiness Lab - Dr. Laurie Santos discussing how to become happier and discovering your self.  
<https://www.happinesslab.fm/>
- The mental Illness Happy Hour - discussions surrounding mental health, trauma, addiction and negative thoughts. <https://mentalpod.com/>
- The Ultimate Health Podcast - focus towards meditations & ideas different from the mainstream medical thinking <https://ultimatehealthpodcast.com/>
- WTF - interviewing famous people to discuss mental health and struggles.  
<http://www.wtfpod.com/>



## **Anxiety & Depression Resources:**

### **Websites**

- Pet Therapy - effective animal support <https://pettherapysociety.com>
- Hope To Cope - resources, blog, treatments and symptoms for depression and anxiety.  
<https://www.hopetocope.com/>
- More Than Mood: A Depression Toolkit for Families and Caregivers -  
<https://www.familyaware.org/more-than-mood/>
- International OCD Foundation – OCD support and resources <https://iocdf.org/>
- PSYCOM - information for psychotic depression symptoms and other mental illnesses.  
<https://www.psycom.net/psychotic-depression-what-you-should-know>
- SAMHSA (Substance Abuse and Mental Health Services Administration) - Resources and articles for substance abuse and mental health <https://www.samhsa.gov/>
  - Talkspace - online psychotherapy <https://onemindpsyberguide.org/apps/talkspace/#IOCDF>
  - The Fabulous - self-care and guiding.  
[https://www.thefabulous.co/?utm\\_source=facebook&utm\\_medium=post\\_link](https://www.thefabulous.co/?utm_source=facebook&utm_medium=post_link)
  - This Way Up - how to take care of yourself, tips and resources.  
<https://thiswayup.org.au/>
  - T2 Mood Tracker - tracks symptoms of different mental illnesses.  
<https://apps.apple.com/us/app/t2-mood-tracker/id428373825>

## **Anxiety & Depression Resources:**

### **Apps**

- Breathe2Relax - stress management tools and resources\_  
<https://apps.apple.com/us/app/breathe2relax/id425720246>
- Depression CBT - self-help guide that focuses on the best strategies for coping with depression\_  
[https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en\\_US](https://play.google.com/store/apps/details?id=com.excelatlife.depression&hl=en_US)
- Hope to Cope - focus on anxiety and depression resources and supports <https://www.hopetocope.com/>
- MindShift CBT - helping people manage depression and anxiety\_  
<https://apps.apple.com/us/app/mindshift/id634684825>
- WebMD's Depression TV - short videos & information that are surrounding depression\_  
<https://www.webmd.com/depression/video/default.htm>

### **Toolkits/Workbooks**

- Antidepressant Skills Workbook <https://psychhealthandsafety.org/asw>
- Cognitive Skills for Anxiety -  
<https://medicine.umich.edu/sites/default/files/content/downloads/Cognitive-Skills-for-Anxiety.pdf>
- Coronavirus Anxiety Workbook -  
<https://cmhamiddlesex.ca/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>
- Depression Workbook -  
<https://www.ashcroftsurgery.co.uk/wp-content/onlineresources/clinical/mentalhealthworkbooks/02%20-%20practical%20problem%20solving.pdf>
- Toolkit for depression - <https://exerciseanddepression.ca/toolkit/>
- Self Help for Anxiety - <https://www.ascert.biz/uploads/files/Self%20Help%20for%20Anxiety.pdf>
- The Cognitive Behavioral Workbook -  
<https://timetothrivetherapy.com/wp-content/uploads/2018/01/The-Cognitive-Behavioral-Workbook-for-Anxiety.pdf>

## **Anxiety & Depression Resources:**

### **Videos**

- Coronavirus - how to deal with anxiety & mental health during a pandemic.  
<https://www.youtube.com/watch?v=xzNMABRELPg>
- Dr Caroline Leaf - recognizing depression & how to recovery and heal.  
<https://www.youtube.com/watch?v=wKHHeY0zMAw>
- Kelly McGonigal: How to make stress your friend.  
[https://www.ted.com/talks/kelly\\_mcgonigal\\_how\\_to\\_make\\_stress\\_your\\_friend?language=en](https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en)
- What is Depression? <https://www.youtube.com/watch?v=z-IR48Mb3W0>

### **Podcasts**

- Psych Center - What depression is and what it isn't  
<https://psychcentral.com/blog/podcast-understanding-depression-what-it-is-and-what-it-isnt/>
- The Overwhelmed Brain - a platform to discuss relieving stress & anxiety.  
<https://theoverwhelmedbrain.com/podcasts/>



## Helplines

- Alberta provincial abuse Helpline - 1-855-4HELPAB (1-855-443-5722) Mon-Fri 7:30am-8:00pm
- Canadian Association for Suicide Prevention - crisis helpline, suicide group support.  
<https://suicideprevention.ca/Sys/PublicProfile/49264222>
- Distress Centre 403-266-4357
- Family Violence Info Line - 310-1818 available 24/7
- First Nations and Inuit Hope for Wellness HelpLine - 1-855-242-3310
- Mental Health Helpline - call 811, available 24/7
- National Eating Disorder Information Centre 1-866-633-4220
- Protection for Persons in Care reporting line - 1-888-357-9339, reporting abuse of any adult and or from public services
- Crisis line - bilingual crisis line <https://crisisline.ca/>
- Your Life Counts - this is a directory of phone numbers and contact information for mental health services in every province <https://yourlifecounts.org/find-help/>
- The Life Line Canada - access to email, text, direct call and online chat as a crisis line.  
<https://thelifelinecanada.ca/>
- Mental health Support Line 1-877-303-2642
- Family Violence Information Line 310-1818
- Income Support Contact for Emergency Assistance and Basic Needs Edmonton 780-644-5135 Outside Edmonton 1-866-644-5135



**Gateway**  
Association



**Serving Alberta since 1975**

[www.gatewayassociation.ca](http://www.gatewayassociation.ca)

**P: 780.454.0701 Email: [info@gatewayassociation.ca](mailto:info@gatewayassociation.ca)**