

Youth and Adult 18-30 Mental Health Resources

Uncertainty:

Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty. Free from Psychology Tools.

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

How to use CBT Thought Records to Change the way you Feel. Free from Psychology Tools.

<https://www.psychologytools.com/self-help/thought-records/>

211-Alberta-Resources for Covid-19 in Alberta. Mental Health Resources Available Here.

https://docs.google.com/spreadsheets/d/1qeHqIGS3T4veKuo3QDARwiOdj_4u8JPHu4dkU93WZoY/edit#gid=0

In Edmonton, Canadian Mental Health Association. <https://edmonton.cmha.ca/document-category/mental-health/>

Managing Covid-19 Anxiety Resources by Canadian Psychological Association.

<https://cpa.ca/docs/File/Sections/TraumaticStress/Managing%20COVID%20anxiety%20handout%20-%20CPA%20TSS.pdf>

Self-Help

Free Self-Help Resources for Mental Health Problems from the Centre for Clinical Interventions.

<https://www.cci.health.wa.gov.au/en/Resources/Looking-After-Yourself>

Mindfulness based apps:

Headspace: <https://www.headspace.com/>

Calm: <https://www.calm.com/>

Stop, Breathe & Think: <https://my.life/>

Grounding Exercise

5-4-3-2-1 Calming Technique. <https://www.evergreenyfs.org/Youth%20Anxiety%20Handouts.pdf>

Gratitude

13 Most Popular Gratitude Exercises & Activities from positivepsychology.com.

<https://positivepsychology.com/gratitude-exercises/>

Coping with Existential Angst

What is an Existential Crisis: <https://www.verywellmind.com/coping-with-existential-anxiety-4163485>

Worried About the Big Picture? How to Deal with an Existential Crisis:

<https://www.goodtherapy.org/blog/worried-about-the-big-picture-how-to-deal-with-an-existential-crisis-0130197>

FOMO (Fear of Missing Out)

10 Ways to Overcome Fear of Missing Out. Psychology Today.

<https://www.psychologytoday.com/ca/blog/stronger-the-broken-places/201501/10-ways-overcome-fear-missing-out>

How to Deal with FOMO in Your Life from Very Well Mind. <https://www.verywellmind.com/how-to-cope-with-fomo-4174664>

Addictions

SMART Recovery. <https://www.smartrecovery.org/>

Suicide

Suicide Distress Line CMHA: 780-482-4357

Mental Health Help Line: 1-877-303-2642

Text & Online Chat Options for all Alberta Youth through Calgary ConnectTeen.

Visit <https://calgaryconnectteen.com/> or text 587-333-2724

Alberta Access 24/7: 780-424-2424

<https://happymomhacks.com/rainy-day-activities-family-game-nights/>