

# Seniors Mental Health Supports

## Mental Health Resources

**Indian Residential Schools – Resolution Health Support Program** (<https://www.sac-isc.gc.ca/eng/1581971225188/1581971250953>) provides mental health, emotional, and cultural support services to eligible former Indian Residential School students and their families through all phases of the Indian Residential School Settlement Agreement. Contact the First Nations and Inuit Health Branch, Alberta Region at 1-888-495-6588 for more information.

- A **National Indian Residential School Crisis Line** has been set up to provide support to former Residential School students. You can access emotional and crisis referral services by calling the 24-Hour National Crisis Line at 1-866-925-4419.
- The First Nations and Inuit Health Branch, Alberta Region also provides the **Mental Wellness Unit**. This unit provides First Nations and Inuit communities, families, and individuals with culturally relevant mental wellness services and supports, such as suicide prevention and substance abuse treatment, which are responsive to their needs. You can reach this unit at 780-495-4837.
- The **Hope for Wellness Helpline** offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada by calling 1-855-242-3310, or connect to the online chat through their website at <https://www.hopeforwellness.ca/>.

The **Canadian Mental Health Association** has locations in Grande Prairie, Edmonton, Wood Buffalo, Red Deer, Camrose, Calgary, Lethbridge, and Medicine Hat. It is also affiliated with the Centre for Suicide Prevention (<https://www.suicideinfo.ca/>) in Calgary. Each region offers a variety of supports, services, and programs to support better mental health. You can learn more about the Canadian Mental Health Association Regional Programs at <https://alberta.cmha.ca/>.

**Alberta Health Services** has a number of resources and information regarding addictions and mental health supports:

- Access the “Help in Tough Times” (<https://www.albertahealthservices.ca/amh/page16759.aspx>) page for mental wellness resources.
- Subscribe to the Text4Hope program (<https://www.albertahealthservices.ca/topics/Page17019.aspx>), a free service providing three months of daily Cognitive Behavioural Therapy–based text messages written by mental health therapists.
- Visit Mental Health Resources (<https://www.albertahealthservices.ca/amh/amh.aspx>), and the Mental Health Helpline (<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>)

- Information regarding mobile tools to deal with stress resources can be found at <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-mobile-tools-mental-wellness.pdf>.

**Caregivers Alberta** (<https://www.caregiversalberta.ca>) strives to empower caregivers and promote their well-being by providing resources, mental health support, and education for people caring for family members or friends.

The **Canadian Coalition for Seniors' Mental Health** (<https://ccsmh.ca>) works to promote seniors' mental health by connecting people, ideas and resources.

The **Centre for Addiction and Mental Health** is the largest mental health teaching hospital in Canada, and provides programs and resources that can be found at <https://www.camh.ca/en/health-info/mental-health-and-covid-19>. Free training and tools for frontline workers is available through eenet.ca (<https://www.eenet.ca/resource/managing-mental-health-during-covid-19-frontline-workers>).

**Healthy Aging CORE Alberta** (Collaborative Online Resources and Education, <https://corealberta.ca/index.php/>) is a platform to connect community-based seniors-serving organizations and allied agencies and individuals in Alberta. CORE is designed to provide up-to-date information, resources, and training opportunities and to make it easier to communicate, coordinate, and collaborate in order to build capacity, strengthen the network, and develop a collective and cohesive voice among volunteers, staff, and others who support healthy aging initiatives.

**Alberta 211** (<https://ab.211.ca/>) provides information, referrals and crisis support via phone, text, chat, and website referrals and resources, including addiction and mental health referrals and resources. Professionally trained specialists are available by texting INFO to 211, live chat through the website, [ab.211.ca](https://ab.211.ca/) or calling 2-1-1.

**Togetherall** (<https://togetherall.com/en-ca/>) is a free, clinically moderated, online peer-to-peer mental health community.

**Wellness Together Canada** (<https://wellnesstogether.ca/en-CA?lang=en-ca>) has a number of resources and supports available.

**LifeWorks** (<https://lifeworks.com/en/covid-19-overview>), formerly Morneau Shepell, offers resources for employee benefit members to cope during stressful times.

The **Crisis Text Line Alberta** (<https://www.crisistextline.org/>) is a service available 24/7 that offers information, referrals, and volunteer-led, text based support for Albertans of all ages, by texting CONNECT to 741741.

**Primary Care Networks** (<https://albertapcns.ca/pcn>) provide mental health supports, such as individual counselling, social work navigation, group therapy, and workshops.

The **Psychologists' Association of Alberta Disaster Response Network** (<https://psychologistsassociation.ab.ca/about-paa/disaster-response-network/>) offers free short-term psychological services for Albertans. Priority is given to frontline workers.

The **Alberta Family Wellness Initiative** (<https://www.albertafamilywellness.org/>) has developed an online course to make brain story science available to professionals and the public. Brain Story Certification (<https://www.albertafamilywellness.org/training>) is designed for those seeking a deeper understanding of brain development and its consequences for lifelong health.

The **Substance Abuse and Mental Health Services Administration** (<https://www.samhsa.gov/>) has adapted and created a visual showing the phases of disaster (<https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>), which can be helpful for people to explain the journey through a major disruption and understand some of the common ways people respond and process during each phase.

**Family and Community Support Services** (FCSS) provides supports and services for at-risk seniors, people with disabilities, and families facing homelessness, poverty, and social isolation. Contact your local FCSS office for more information.

**Brite Line** (<https://www.briteline.ca/>) is Edmonton's first mental health and wellness helpline (1-844-70-BRITE) dedicated to supporting people in Edmonton's 2SLGBTQIA+ community. Created by members of the community for the community, Brite Line provides support, advice, and crisis intervention services.

The **Crisis Services Canada Suicide Prevention Service** (<https://www.crisisservicescanada.ca/en/>) offers a 24/7 helpline for people thinking about or affected by suicide via phone, text, or chat (1-833-456-4566).

The expanded **Addiction and Mental Health Helpline** (<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1008399>), a toll free confidential service, provides alcohol, tobacco, other drugs, and problem gambling support, information, and referral to services by calling 1-866-332-2322.

**Brain XChange** (<https://brainxchange.ca>) is a network of people dedicated to improving quality of life and supports for persons with or at risk of having brain-health needs related to dementia mental health, and neurological conditions related to ageing.