

Mental health self-management resources

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Anxiety	
Anxiety Canada My Anxiety Plan (plans for children or adults)	https://maps.anxietycanada.com/en/courses/my-anxiety-plan-map-for-adults/
Centre for Clinic Interventions (CBT self-guided workbook)	https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Generalised-Anxiety-and-Worry
CMHA Recovery College online live course <i>Confronting the Discomfort (calming anxiety)</i>	https://recoverycollegecalgary.ca/courses/
CARYA free webinar <i>Strategies to Manage Stress and Anxiety</i>	https://caryacalgary.ca/our-programs/individual-well-being-education/strategies-to-manage-stress-and-anxiety/
Help Guide anxiety information and handouts	https://www.helpguide.org/home-pages/anxiety.htm
Mindfulness Medication ebook	www.thebreathproject.org
Depression	
CMHA Recovery College online live course <i>Rethinking our Thoughts</i>	https://recoverycollegecalgary.ca/courses/
CAHM online course <i>Depression 101</i>	https://moodle8.camhx.ca/moodle/course/view.php?id=10
Centre for Clinic Interventions (CBT self-guided workbook and handouts)	https://www.cci.health.wa.gov.au/Resources/For-Clinicians/Depression
The New Mood Therapy free podcasts and book (for purchase)	https://feelinggood.com/
Addictions support	
CMHA Recovery College online live course <i>Road to Recovery</i>	https://recoverycollegecalgary.ca/course/road-to-recovery/
Help Guide addiction information and handouts	https://www.helpguide.org/home-pages/addictions.htm
Stress	
CMHA Recovery College online live course <i>Building Better Boundaries and Finding your Balance</i>	https://recoverycollegecalgary.ca/courses/
Help Guide stress information and handouts	https://www.helpguide.org/home-pages/stress-management.htm

Relationship support	
CMHA Recovery College online live course <i>Building Better Boundaries and Finding your Balance</i>	https://recoverycollegecalgary.ca/courses/
Help Guide stress information and handouts	https://www.helpguide.org/home-pages/stress-management.htm
Parenting support	
CARYA Family supports	https://caryacalgary.ca/our-programs/family-support/
Help Guide parenting information and handouts	https://www.helpguide.org/home-pages/parenting-advice.htm
Centre for Effective Parenting information	https://parenting-ed.org/parenting-information-handouts/parents-of-school-age-children/
Friendship building	
CMHA Recovery College online live course <i>The Art of Friendship</i>	https://recoverycollegecalgary.ca/courses/
Help Guide love and friendship information and handouts	https://www.helpguide.org/home-pages/love-friendship.htm
Grief and loss	
MyGrief online self-directed learning about grief and processing grief	www.mygrief.ca
My Health AB <i>Coping with Grief information</i>	https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=aa122213
Grief Support Program	https://www.albertahealthservices.ca/assets/programs/ps-1026229-grief-support-calgary-brochure.pdf
Help Guide grief and loss information and handouts	https://www.helpguide.org/home-pages/grief.htm
OCD	
Help Guide OCD information and handouts	https://www.helpguide.org/articles/anxiety/obssessive-compulsive-disorder-ocd.htm

ADHD	
CMHA Recovery College online live course <i>Challenge Procrastination</i>	https://recoverycollegecalgary.ca/courses/
CADDAC <i>Understanding Adult ADHD</i> information	https://caddac.ca/understanding-adhd/in-adulthood/adult-symptoms/
Help Guide ADHD information and handouts	https://www.helpguide.org/home-pages/add-adhd.htm
General Online and Self-Help Support	
CMHA Recovery College online courses	https://recoverycollegecalgary.ca/courses/
Wellness Together Canada live support and information	https://wellnesstogether.ca/en-CA
AHS Coping with COVID-19 Resource List	https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-coping-amh-resources.pdf
Centre for Clinical Interventions <ul style="list-style-type: none"> Online Cognitive Behavioural Therapy workbooks and information sheets 	https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself
Psychology Tools <ul style="list-style-type: none"> Relaxed breathing worksheet 	https://www.psychologytools.com/resource/relaxed-breathing/
Canadian Mental Health Association Peer Support Program <ul style="list-style-type: none"> Face-to-face, email, over the phone 120 hours of training Monday to Friday 9 a.m. – 4 p.m., Tuesday and Wednesday 4 – 7 p.m. 	403.297.1402 https://cmha.calgary.ab.ca/we-support/peer-support/
SAMHSA Wellness Worksheets	https://www.integration.samhsa.gov/health-wellness/wellness-strategies/wellness.pdf
Kelty's Key <ul style="list-style-type: none"> Online Cognitive Behavioral Therapy 	https://www.keltyskey.com/self-help/
Palouse Mindfulness <ul style="list-style-type: none"> Mindfulness Based Stress Reduction 8-week online course 	https://palousemindfulness.com/
Here to Help BC <ul style="list-style-type: none"> Online screening and self-help resources 	https://www.heretohelp.bc.ca/resource-library

For additional resources including financial services, housing support, legal support, food banks and more, please visit: <https://www.mymentalhealth.ca/regions/calgary/>.