



Bringing
Communities
Together

Your Mental Health is as Important as your Physical Health.

The first step to good mental health is **SELF-CARE**.

- Eat well
- Exercise
- Get enough sleep
- Be mindful

If you want to get more information on specific mental health topics, we aggregated different resources for you to use!

APPS

MENTAL HEALTH APPS

Always There

FREE

EN/FR

By Kids Help Phone.

Allows you to chat with or call Kids Help Phone.

Android Store https://play.google.com/store/apps/details?id=com.speakfeel.khp_en&hl=en_CA

iOS <https://apps.apple.com/ca/app/always-there/id579718991>

MindShift

FREE

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By Anxiety Canada.

For coping with anxiety – breathing exercises, a symptom checker to

steps to get you through difficult episodes or situations.

iOS and Android

<https://www.anxietycanada.com/resources/mindshift/>

Community Resources

Community Mental Health A Practical Guide

AN Whitehead



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