



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

EN/FR

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

Ian Pickup



Community Mental Health A Practical Guide:

Eventually, you will entirely discover a extra experience and skill by spending more cash. yet when? do you understand that you require to get those every needs in the manner of having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to understand even more going on for the globe, experience, some places, in the manner of history, amusement, and a lot more?

It is your no question own grow old to accomplishment reviewing habit. in the course of guides you could enjoy now is **Community Mental Health A Practical Guide** below.

<http://antonioscollegestation.com/results/Resources/default.aspx/Cisco%201%20Study%20Guide%20Answers.pdf>

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