

### Indian Residential School Support Resources:

<b>Phone Resources:</b>	
Siksika Health Mental Health Support	403-734-5660 (9am-5pm, Monday-Friday)
Siksika Health Crisis Line	403-734-2596 (24 hrs/day, 7 days/week)
Siksika Emergency Medical Services	403-734-9111 (24 hrs/day, 7 days/week)
Indian residential school survivor's society	1-800-721-0066 or 1-866-925-4419
AHS Mental Health Help line	1-877-303-2642 (24 hrs/day, 7 days/week)
The Hope for Wellness Help line	1-855-242-3310 (24 hrs/day, 7 days/week)
Kids Help Crisis Line	1-800-668-6868 (24 hrs/day, 7 days/week)
Canada Suicide Prevention Services	1-833-456-4566 (24 hrs/day, 7 days/week)
<b>Text Resources:</b>	
<b>Text4Hope</b> (Mental health support)	Text COVID19HOPE to 393939
<b>Text4Hope</b> (Addiction Support)	Text Open2change to 393939
<b>Text4Hope</b> (Cancer Support)	Text CancerCare to 393939
<b>Online Resources:</b>	
Wellness Together Canada	<a href="https://ca.portal.gs/">https://ca.portal.gs/</a>
Anxiety Canada	<a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>
Centre for Addiction & Mental Health (CAMH):	<a href="http://www.camh.ca/covid19">http://www.camh.ca/covid19</a>
Daily Tips for Parents:	<a href="https://childmind.org/">https://childmind.org/</a>
Positive Psychology Kit:	<a href="https://positivepsychology.com/the-crisis-kit/">https://positivepsychology.com/the-crisis-kit/</a>
310 COPE:	<a href="https://www.yssn.ca/310-COPE">https://www.yssn.ca/310-COPE</a>
Mind Your Mind Online Support:	<a href="https://mindyourmind.ca/">https://mindyourmind.ca/</a>
Centre for Clinical Interventions (incl. online workbooks for a variety of mental health concerns)	<a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a> (workbooks can be found here: <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself</a> )
Anxiety and Depression Association of America	<a href="https://adaa.org/learn-from-us/from-the-experts/blogposts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and">https://adaa.org/learn-from-us/from-the-experts/blogposts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and</a>
Siksika Health Services - Mental Health Facebook page	@SHSMentalHealth
<b>Apps:</b>	
<ul style="list-style-type: none"> <li>- Headspace</li> <li>- Calm</li> </ul>	<ul style="list-style-type: none"> <li>- What's Up</li> <li>- Mindshift</li> <li>- Breathr</li> </ul>