

Resource Package – External to Alberta Health Services
In Response to COVID-19

Compiled by the Calgary Zone Psychosocial Response Team

Updated March 30, 2020

Calgary Zone Alberta Health Services Resource Package

The following resources have been compiled by the Calgary Zone Psychosocial Response Team (PRT). They are current as of the date on the first page. We will attempt to update this as soon as we have new information. Please note, this is not an exhaustive list of all available resources in the Calgary Zone as many programs continue to offer their services, albeit by phone.

Most of the resources listed will link to their websites. If you notice errors, broken links, or have something specific to add, please email calgaryzoneprt@ahs.ca.

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Mental Health and Psychosocial Support

AHS Videos

- There are several videos from AHS about mental wellness and health and safety ([here](#)).

Physician and Family Support Program

- Accessible to all physicians. All physicians should be aware of this; however they may have forgotten.
- Call: 1-877-SOS-4MDS (767-4637)
- International Number is 403-930-0529 (may call collect).
- This is confidential and available 24/7/365.
- For more information [here](#).

Text4Hope

- A free service providing three months of daily Cognitive Behavioural Therapy (CBT) based text messages written by mental health therapists.
- For more information click [here](#), or text COVID19HOPE to 393939 to subscribe.

Calgary Distress Centre

- 24-Hour crisis line: 403-266-4357 (HELP)
- They also have a 24-Hour crisis line for teens: ConnectTeen: 403-264-8336 (Teen)
- They are offering no cost, short-term counselling by phone

Provincial Mental Health Helpline

- 24-Hour provincial helpline for any mental health concerns: 1-877-303-2642

The Working Mind (formerly Road to Mental Readiness – R2MR)

- Developed by the Mental Health Commission of Canada, The Working Mind (TWM) focuses on reducing stigma related to mental illness.
- The information on their website is geared towards those who have taken training in TWM; however, it applicable to anyone. They have a vlog ([here](#)), and a self-care and resilience guide ([here](#)).

Psychologist Association of Alberta (PAA)

- PAA has activated their Disaster Response Network which is to support the psychological well-being/mental health needs of disaster victims and responders.
- It is not a crisis line or referral service.
- It is pro-bono support by volunteer psychologists for 1-3 sessions for anyone in need, although priority is given to healthcare workers.
- More information can be found [here](#).

Canadian Psychological Association

- The CPA has developed a “Psychology Works” fact sheet about the psychological impacts of COVID-19 ([here](#)).

Harvard University Health Services

- Developed a guide to manage fear and anxiety ([here](#)).

Fee for Service Counselling

- Many counselling agencies in Calgary are offering online support with telephone and video counselling.
- *Psychology Today* is a resource database that offers a searchable tool to view profiles, specialties and sort by location. [Click here](#) to review the Psychology Today database.
- AHS Blue Cross benefits have some coverage for counselling.

Addiction and Substance Use Supports

Alcoholics Anonymous

- Calgary Alcoholics Anonymous is offering online AA meetings. To see the list of current meetings click [here](#).

Adult Addiction Services (Calgary)

- Providing telephone counselling and support.
- For a new intake or to make an appointment with a counsellor call 403-367-5000

SMART Recovery (Self-Management and Recovery Training)

- Provides a full online community with message boards, chat rooms, online meeting rooms, and a library with podcasts, videos, and other tools ([here](#)).

Provincial Addiction Support

- 24-Hour provincial helpline for any addiction concerns: 1-866-332-2322

Available Printed Materials

AHS COVID-19 Online Resources

This information is designed for anyone in the community. Feel free to print and/or send as you see fit.

To link to these, click [here](#).

These documents include:

- Coping for Connection for Children & Families During COVID-19
- COVID-19 and Your Mental Health

- Practical and Emotional Preparedness for a Pandemic
- Mental health and coping with COVID-19
- Talking with children during infectious disease outbreaks

Miscellaneous

Donations

If you are offering any donations to AHS, all offers or information should be sent to ahscovidoffer@ahs.ca

Symptom Comparison

If you are wondering about the different symptoms of COVID-19 vs a cold vs the flu. Click [here](#).