



Empower**MENT** Guide



Mental Health is just as important as physical health!

5 Ways to mental wellbeing:

Connect - Take Notice - Be Active - Keep Learning - Give Back



Help in Tough Times
At some point in our lives we all face tough times and we can be impacted directly or indirectly by such things as financial pressures or unexpected...
+ Alberta Health Services



Change in Sleep



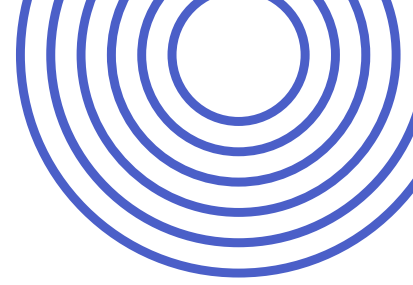
Feeling tired and have no energy



Decreased interest or pleasure



Take more risks than normal



Check-in with a few simple questions

Review the common signs and check in to see if chronic stress, anxiety, or depression may be impacting your health, and what you can do about it.

ANXIETY Common signs:

- Excessive worrying
- Difficulty concentrating
- Doubting yourself
- Sleep disruption
- Irritability
- Avoidance
- Feeling restless



DEPRESSION Common signs:

- Loss of interest
- Frequent sadness
- Sleep difficulties
- Low energy
- Changes in appetite
- Difficulty making decisions
- Trouble remembering things
- More withdrawn than usual
- Feelings of guilt and or worthlessness



Factors that worsen mental health:

- Social isolation
- Lack of physical activity
- Overeating junk food, particularly processed, high-sugar foods
- Major life stressors, such as job loss, divorce, financial issues, illness, the death of a loved one, a move or a new job

How to support your loved one

Having a reliable support system is crucial for everyone, but especially during difficult periods.

Here are some things you can do to support a man in your life that's going through a tough time:

- Be present: let him know you are here for him and care about him.
- Voice your concerns: if you know him well, start a conversation about changes you have observed in him.
- Be receptive: remember to be empathic, patient, and non-judgmental.
- Encourage him to seek further help: seeing a health professional, for example.
- Don't try to "fix" them. Listen, acknowledge and point him towards resources

STRATEGIES FOR IMPROVING MENTAL HEALTH

Don't Change Much

Mental Health Tips For Men: A Guy's Guide

Brought to you by: The Canadian Men's Health Foundation



How to pick yourself up when things get tough - 15 tips for men

- Reach out - chat to a friend when you start to hide away
- Be listened to - have a chat, and get it off your chest
- Follow social media accounts that you can relate to
- Have a chat with someone who will listen and not 'fix' - a mate, colleague, family or a helpline
- Keep up with your routine - or add a new structure to your day
- Get outside for a short walk
- Make your favorite playlist
- Read a motivational or inspirational quote - to get perspective
- Do something new like volunteering
- Take up a new hobby
- Get out of your comfort zone - feel a sense of achievement from this
- Stop and pause - take time to check in with your head by using mindfulness, writing or meditation
- Focus on breathing - breathe in and out slowly for 3 minutes
- Switch off - in a way that works for you, with a book, film, video game etc.
- Ask a friend how they are - doing something for a friend can make you feel better

AGKNOW

ALBERTA FARM MENTAL HEALTH NETWORK

AN ALBERTA APPROACH TO
FARM MENTAL HEALTH
<https://www.agknow.ca/>



Farm-focused

Mental health professionals who have experience in the agriculture industry.



Accessible

Within just a few clicks, you can connect with a therapist to book your first session.



Resources

Events, webinars, resources and more you can stay connected to the wider Alberta Ag community.



ALBERTA WIDE MENTAL HEALTH HELP LINE

[1.877.303.2642](tel:18773032642)

The Alberta Health Services Mental Health Help Line is a 24 hour, 7-day-a-week, 365 days a year, confidential service that provides support, information and referrals to Albertans experiencing mental health concerns.

The line is staffed by a multidisciplinary team comprised of nurses, psychiatric nurses, social workers, occupational therapists, and psychologists.



Mental Health Commission of Canada
Commission de la santé mentale du Canada



<http://mentalhealthcommission.ca/resources/>



Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous



<http://cmha.ca/find-info/mental-health/general-info/>

Driving mental health advocacy through education

Free online education aimed at building awareness and knowledge of mental health challenges and at reducing stigma. Centre for Addiction and Mental Health



camh

MINDFIT TOOLKIT MENTAL WELLNESS FOR MEN

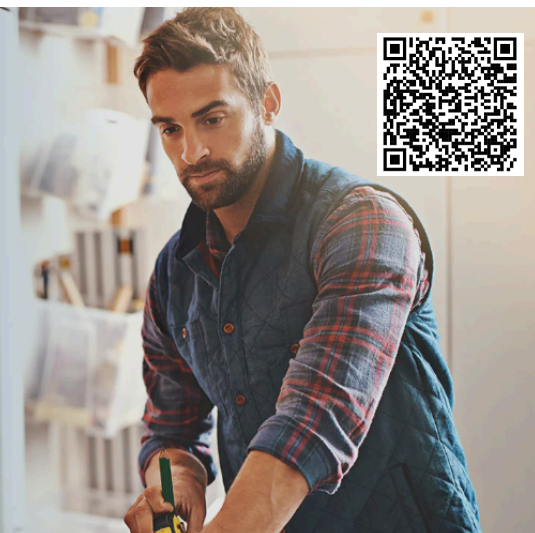
Get the right tool for the job. Mental health resources for men to manage stress, anxiety, and depression.



PRESENTED BY



TELUS Health



Get Additional Support



Online resources

AHS Program & Service information Health Information	Addiction & Mental Health Programs & Services www.ahs.ca/amh My Health Alberta myhealth.alberta.ca/
Helpful resources / workshops	Help in Tough Times ahs.ca/helpintoughtimes
Information on staying healthy	Healthy Together - a guide to family and home life during COVID-19 www.ahs.ca/healthytogether
Online community support	Togetherall – a clinically moderated free online peer-to-peer mental health community: togetherall.com/en-ca/
Mobile text messaging service – COVID-19 Text4Hope Alberta Health Services	As evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke. Text COVID19HOPE to 393939 to subscribe.

Helplines

Addiction Helpline	1-866-332-2322 toll-free available 24/7
Mental Health Helpline	1-877-303-2642 toll-free available 24/7 • Distress Centre at 403-266-HELP (4357)
Crisis Text Line	Text CONNECT to 741741 Text CONNECT to 686868 (youth)
Health Information	811 HealthLink toll-free available 24/7
Community Supports	211
Kids Help Phone	1-800-668-6868
First Nations and Inuit Hope for Wellness	1-855-242-3310 Online chat: hopeforwellness.ca/
Other important numbers	https://myhealth.alberta.ca/pages/emergency-phone-numbers.aspx

Mental Health resources for men:

<https://www.redcross.ca/blog/2023/1/mental-health-and-men-how-to-support-your-loved-ones>

There are many great resources that you can point him towards. Here are a few examples:

- **HeadsUpGuys:** An online, anonymous resource specifically designed for men, and their families, to prevent the continued erosion of men's mental health and deaths by suicide
- **Buddy Up:** a men's suicide prevention communications campaign
- **November:** November looks at mental health through a male lens, focusing on prevention, early intervention, and health promotion
- **Dudes Club:** a participant-led community for men's health and wellness
- **Mindshift CBT App** by Anxiety Canada: easy tools to help with anxiety

You are not alone.
Help is available.
9-8-8
toll free, 24/7

9-8-8 Suicide Crisis Helpline

MyGrief.ca

Because losing someone is hard...

Confidential and free, MyGrief.ca helps you to understand and move through your grief.

WELL-BEING CANADA



We are driven by the belief that every person in Canada deserves well-being & access to tools that support positive mental health. Well-being Canada is helping to build a healthier future generation with free resources.

MEN'S SHEDS Canada



www.burdenbearersgp.com

Deals with Depression, Addiction, Stress Anger, Anxiety, PTSD, CBT, ADHD and much more.
Located in GP 780-539-5225.

Register Today!



Visit Our Website
www.sp-rc.ca

CONTACT:
780-539-6680
facilitator@sp-rc.ca

Resource Centre
FOR SUICIDE PREVENTION
NORTH PEACE



If you want to learn more about a specific topic, you might find it covered in our A-Z of mental health.
<https://www.mind.org.uk/information-support/a-z-mental-health/>

Addictions/Mental Health (AMH) WALK IN SERVICES:

Available in most communities where there is an Alberta Health Services (AHS) AMH Office.
Contact 1-877-303-2642

AA / ALANON Mtgs. - Check with your local area and region for meeting dates, times and location
<https://www.aa.org/find-aa>

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H₄ E₁ A₁ L₁ T₁ H₄

M₃ A₁ T₁ T₁ E₁ R₁ S₁

Mental Health
Support 



manhealth.org.uk



MyHealth.Alberta.ca

Find contact information to healthcare providers and practitioners

alberta.ca:443



Putting “Men” in Mental Health

Supported by:



North Zone Health
Neighbourhood
Peace Country



**Alberta Health
Services**

Healthy Albertans.
Healthy Communities.
Together.



**Canadian Mental
Health Association**
Alberta Northwest Region

