

Managing Stress and Anxiety Resources



Within Highland Primary Care boundaries (Airdrie to Didsbury) one to one appointments are available in your doctor's office (or medical home.) To make an appointment with your nurse or social worker just call your doctor's office and book in.

Resources

Stress Management My Health Alberta

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwId=rlxsk>

Anxiety Canada Free Resources <https://www.anxietycanada.com/free-downloadable-pdf-resources/>

Classes on going, check for dates and times

- Anxiety to Calm 4 weeks at Highland Primary care
check on line for class dates and times <https://hpcn.ca/classes/list/> or call 587-287-1727
- A number of our PCN partners run 4 or 8 week Anxiety to Calm throughout the province (virtual options available)
<https://albertafindadoctor.ca/workshops/home>

Important Numbers

If you need to talk, 24-hour help line:

- Mental Health Help Line at 1.877.303.2642
- Addiction Help Line at 1.866.332.2322
- Kids Help Phone at 1.800.668.6868

In the Calgary Health Zone you can also call:

- The Distress Center at 403.266.4357

Urgent mental health care is available at Airdrie Urgent Care Monday to Friday from 9 a.m. to 9 p.m., and Saturday and Sunday from 10 a.m. to 5 p.m. For more information call 403.943.1500.

Contact Us:
www.hpcn.ca
587-287-1727



Notes