

COPING WITH THE HOLIDAY BLUES



Be deliberate in choosing what you would like to do and plan it.

Avoid thinking about what you “should” do. You need only do what is right for you instead of feeling obligated. There is no right or wrong way to celebrate the holidays.

Create new Christmas traditions.

Take care of yourself.

Take time-out and do something physical (i.e.) skating, tobogganing, or walking the dog.

Talk about your feelings to family or friends.

Most community group still hold meeting thru the holiday season, and have special events such as 24 hour drop in – call to find out from them – most numbers are 24 hour.



- ★ AHS Addiction & Mental Health (24 hours)
1-866-332-2322
- ★ AHS detox – 24 hours 780-427-4291
- ★ AHS Addiction 780-968-6466
780-422-7383 (Youth Services)
- ★ AHS Mental Health: Adult: 780-963-6151
Children 780-342-1370 – Crisis team: 427-4491
24 hours 1-877-303-2642
- ★ Parkland Area Youth Emergency Shelter (PAYES) 780-963-7523
- ★ Al-Anon & Alateen (for friends/family of drinkers): 780-962-5205 or 963-2246
- ★ Alcoholics Anonymous: 780-491-1043 (pager)
- ★ Child Abuse Hotline: 1-800-387-KIDS (5437)
- ★ Cocaine Anonymous: 780-425-2715
- ★ Co-Anon (for family/friends of cocaine users) 780-669-2765
- ★ Crystal Meth Anonymous: 780-471-4705
- ★ Distress Line (Support Network - on Facebook) 780-482-4357 (780-482-HELP)
- ★ Dual Recovery Anonymous: 780-474-3740 www.dualrecoveryanonymous.ca
- ★ Emergency Social Services: 780-427-3390 Parkland Food Bank 780-962-4565
- ★ Gamblers Anonymous or Gam-Anon 780-463-0892
- ★ Inner City Youth Housing Project: 780-479-7075
- ★ Kids Help Phone: 1-800-668-6868
- ★ Narcotics Anonymous: 780-421-4429
- ★ Nar-Anon- 780 952-1763
- ★ Safe House: 780-474-9938
- ★ Sexual Assault Centre: 780-423-4121
- ★ Salvation Army Suicide Prevention Bureau: 780-429-0230
- ★ Youth Emergency Shelter: 780-468-7070

PLEASE ASK FOR HELP IF YOU NEED IT

