

## Wellness Articles

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An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## There is no health without mental health

As the pandemic continues to impact the health of many around the world, Alberta Health Services wants to remind Albertans to take care of their physical health and their mental health as we celebrate Mental Illness Awareness Week Oct. 3 to 9 and World Mental Health Day, Oct. 10.

By the age of 40, about 50 per cent of Canadians will have or has had a mental illness.

Remember, if you are struggling you are not alone. There are supports in place to help you.

Many things can help improve a person's mental health. Building a healthy routine, limiting social media use, and learning to manage worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities such as a walk around the neighbourhood and a regular sleep schedule, as well as self-care strategies such as mindfulness or meditation. Connecting with others can have a positive impact on a person's mental health.

Resources and supports, such as [Text4Hope](#) and [Togetherall](#), are available to help you or someone you know. Go to [www.albertahealthservices.ca/helpintoughtimes](http://www.albertahealthservices.ca/helpintoughtimes).

You may also wish to talk about your concerns with your partner, your family healthcare provider or someone else you trust. Or call the Mental Health Helpline toll-free at 1-887-303-2642, 24 hours a day, seven days a week.