



MENTAL HEALTH SCAVENGER HUNT



Fill in the blanks for the questions below using the links located in the brackets. When finished, submit you're completed scavenger hunt to lonelybutnotalone5@gmail.com to be entered in a draw to win AirPods!

- 1) The hope is to reduce mentally _____ attitudes and create a safe environment in our community.
(<https://www.lonelybutnotalone.com>)
- 2) On May 31, 2021, the City of Airdrie proclaimed _____ as Mental Health and Addictions Awareness Month. (<https://thethumbsupfoundation.com/>)
- 3) All amenities are OPEN! This includes the Fitness Centre, Aquatics, _____, Fitness Classes. Field house and Arenas! (<https://www.airdrie.ca>) HINT: Fall at Genesis Place
- 4) If you need to talk, call the 24-hour help line:
 - a. Mental Health Help line at 1.877.____. 2642
 - b. Addiction Help Line at 1.866.332.2322
 - c. Kid's Help Phone at _____
 - d. <https://www.airdrie.ca> (HINT: Mental Health Support)
- 5) _____ offers mental health assessment on a walk-in basis.
(<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1064160&serviceAtFacilityID=1112901>)
- 6) Between _____% of Canadian youth are already experiencing the effects of issues in mental health, right now. (<https://closetohome.com/>) HINT: Viewpoints
- 7) Since 19____, the Boys and Girls Club has been a safe and fun space providing high quality affordable programs and services that are accessible to all children, youth and families of Airdrie and surrounding areas. (<https://bgcairdrie.com/>)
- 8) Looking for social services and resources in Airdrie? _____ is a free network offering over 160 social services, programs, resources, helplines, and benefits across Airdrie in areas including shelter and housing, domestic violence, food services, and others. (<https://helpseeker.org/alberta/airdrie/>)

GOODLUCK!!