

# Mental Health

Let's talk about the personal aspects of the Alto project. This is something that really hits home-in every way. And asking for help looks different for everyone.

There are many of us out there who know these issues and struggles well but sometimes we work so hard trying to be strong or available for someone near to us who is struggling that we lose sight of our own BASIC needs.

This post is a reminder to check in with your mental health vital signs:

- **B - Body:** Have I eaten, slept, moved?
- **A - Affect:** What emotion is strongest right now?
- **S- Stress:** What's my biggest stressor today?
- **I- Interaction:** Have I connected with anyone?
- **C-Care:** What do I need right now?

We are in this together but we feel our feelings alone and that can seem stifling and very lonely sometimes! If you are struggling, there is help out there and a list of resources can be found below.

You are NOT alone. You are NEVER alone. We ARE in this together.

Please do look after yourself and each other.

9-8-8 : **The Suicide & Crisis Lifeline:** A free, confidential 24/7 phone, text, or chat service that connects people in emotional distress or mental health crisis with trained counselors for immediate support

## **Crisis & Mental Health**

- Addiction and Mental Health Services – KFLA Crisis Line (Kingston): 613-544-4229
- Addiction and Mental Health Services – KFLA Crisis Line (Lennox & Addington): 613-354-7388
- Telephone Aid Line Kingston: 613-544-1771 (peer support)
- Talk Suicide Canada: 1-833-456-4566
- Kids Help Phone: 1-800-668-6868

## **Addiction / Detox**

- Kingston Health Sciences Centre Detoxification Centre: **613-549-6461**
- Addiction and Mental Health Services – KFLA Intake: 613-544-1356
- ConnexOntario: 1-866-531-2600

## **Shelters / Housing**

- Home Base Housing Outreach: 613-542-6672
- Kingston Interval House: 1-800-267-9445
- Lennox and Addington Interval House: 1-800-667-1010

## **Peer Support**

- Alcoholics Anonymous Kingston area: 613-507-9333

- Narcotics Anonymous regional helpline: 1-888-811-3887
  - Connex Ontario: 1-866-531-2600 (helps connect people to peer groups and services across Ontario)
  - "Peers of the Round Table" 613-549-4964 60 Queen St Kingston

There is also a resource for farmers/agricultural wellness: <https://agriculturewellnessontario.ca/>