

BHC Commonly Used Links

1. Anxiety Canada: <https://www.anxietycanada.com/>
2. Retrain Pain Foundation: www.retrainpain.org
3. AHS Help in Tough Times: <https://www.albertahealthservices.ca/amh/Page16759.aspx>
4. AHS Text for Hope: <https://www.albertahealthservices.ca/topics/Page17019.aspx>
5. AHS Addictions and Mental Health Adult Resources:
<https://www.albertahealthservices.ca/amh/Page16443.aspx>
6. [Wellness Together Canada](#)