

# RESOURCES FOR MANAGING STRESS AND SLEEP PROBLEMS



## EDUCATION CLASSES

- **Alberta Health Services: Alberta Healthy Living Program**  
A variety of free, self-management workshops including support with emotional wellness and sleep, offered in multiple languages. For more information or to register, visit [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp).

## SELF-HELP BOOKS

- **A Mindfulness-Based Stress Reduction Workbook (2<sup>nd</sup> Edition)**  
Stahl, B., & Goldstein, E. (2019). New Harbinger Publications.
- **Mind Over Mood: Change How You Feel by Changing the Way You Think (2<sup>nd</sup> Edition)**  
Greenberger, D., & Padesky, C. (2015). Guilford Publications.
- **Sink into Sleep: A Step-By-Step Guide for Reversing Insomnia (2<sup>nd</sup> Edition)**  
Davidson, J. R. (2020). Springer Publishing Company.
- **The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need**  
Silberman, S. A. (2009). New Harbinger Publications.
- **The Relaxation and Stress Reduction Workbook (7<sup>th</sup> Edition)**  
Davis, M., Robbins Eshelman, E., & McKay, M. (2019). New Harbinger Publications.

## COUNSELLING AND SLEEP SERVICES

- **Access Mental Health: 403-943-1500**  
Information and referrals for local counseling, addiction, and mental health services.
- **Calgary Counselling Centre: 403-691-5991**  
Affordable counseling for adults, children, and families.
- **Centre for Sleep & Human Performance: 403-254-6663**  
Treatment and assessment of sleep problems including insomnia and sleep apnea.
- **Distress Centre: 403-266-4357 (HELP)**  
Free 24/7 crisis support, counselling services, and resource referrals.
- **Health Link: 8-1-1**  
Health advice provided 24/7 by registered nurses and other healthcare professionals.
- **Sleep Centre at Foothills Medical Centre**  
Diagnosis and treatment of sleep disorders. Speak to your doctor about how to receive a referral.
- **Private Psychologists and Therapists**  
Check <https://www.psychologytoday.com/ca> for listings in your area.

## WEBSITES AND APPS

- **Peer Support Groups: Heart and Stroke Foundation of Canada**  
Moderated Internet forum to meet others with heart disease. Also available for family/caregivers.  
<https://www.heartandstroke.ca/heart-disease/recovery-and-support/the-power-of-community>
- **Relaxation Audio Tracks: My Health Alberta**  
Free step-by-step guides to learn relaxation techniques such as deep breathing.  
<https://myhealth.alberta.ca/alberta/pages/relaxation-audio-tracks.aspx>
- **One Mind Psyber Guide App Directory**  
Overview of Smartphone apps for mental health and sleep, reviewed by experts.  
<https://onemindpsyberguide.org/>

**If you feel particularly distressed or suicidal, please call 911 or go to the nearest hospital emergency department.**

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