

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

SELF-HELP BOOKS

- **A Mindfulness-Based Stress Reduction Workbook (2nd Edition)**
Stahl, B., & Goldstein, E. (2019). New Harbinger Publications.
- **Mind Over Mood: Change How You Feel by Changing the Way You Think (2nd Edition)**
Greenberger, D., & Padesky, C. (2015). Guilford Press.
- **Sink into Sleep: A Step-By-Step Guide for Reversing Insomnia (2nd Edition)**
Davidson, J. R. (2020). Springer Publishing.
- **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 (7th 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**
Visit <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>
- **Smartphone Apps: Breathe2Relax, How We Feel, MindShift™**
Digital health resources for stress and mental health. Visit the App Store or Google Play on your electronic device to review and download stress management apps.

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

The links to third-party websites and resources are for informational and educational use only. TotalCardiology Rehabilitation (TCR) is not responsible for the privacy practices, security, or the content of any third-party website. A reference to a website resource does not constitute, endorsement, approval or responsibility for any third-party resource/site by TCR.