



**[1]**

After the 2013 floods, the Bow Valley Community came together to support each other's mental wellness. That support continues today at [seethesigns.ca](https://seethesigns.ca)

**[2]**

A little bit of self-care goes a long way for wellness. Visit [seethesigns.ca](https://seethesigns.ca) for ideas on how to adjust your diet, sleep, fitness, and social habits and start feeling more like yourself.

**[3]**

Feeling lonely, but you don't have the energy to be around people? Browse [seethesigns.ca](https://seethesigns.ca) for resources and support services in the Bow Valley.

**[4]**

Feel like crying? Can't remember the last time you laughed? When the mood strikes, visit [seethesigns.ca](https://seethesigns.ca) for resources and support services that can help.

**[5]**

Chest tight? Racing thoughts in your head? If you need information or someone to talk to, visit [seethesigns.ca](https://seethesigns.ca) for resources and support services throughout the Bow Valley.

**[6]**

If you're seeing signs that you are struggling with your feelings, you can access resources online and find support services in the Bow Valley, by visiting [seethesigns.ca](https://seethesigns.ca)

**[7]**

These are challenging times. If you pay attention to your mental wellness, you'll see the signs and can get help before things become unmanageable. Find a resource to support you: [seethesigns.ca](https://seethesigns.ca)

**[8]**

Need support from your community? We're here for you! The Bow Valley is full of wellness services and programs and you can discover them all at [seethesigns.ca](https://seethesigns.ca)

**[9]**

Less screen time, more nature? Less alcohol, more water? Living well can help you feel well. Find more suggestions, resources, and people to talk to at [seethesigns.ca](https://seethesigns.ca)

**[10]**

Feeling... off? Take a quick quiz to learn about your emotional well-being — and get suggestions for resources and Bow Valley support services — at [seethesigns.ca](https://seethesigns.ca)