# Customize Need Help for Mental Health? Tool

You can download the template and fill it out to suit your needs. The resource is customizable to specific populations like seniors, individuals feeling suicidal, and newcomers. Its purpose is to get people to the right services.

Easy How-To Steps to Customize the Need Help for Mental Health? Tool

1. Download the Tool in the format you would like to use. The tool is available in 3 formats for customizing: PDF, Google and Word.

The default format includes Edmonton resources.

PDF OR **Word** OR **Google Doc**
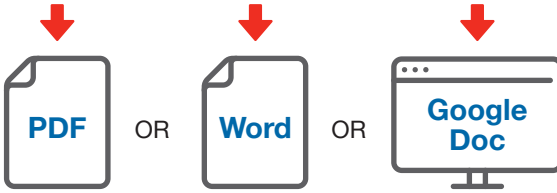
2. Choose your focus or geographic subheading and fill it in that spot.

NEED HELP FOR MENTAL HEALTH?
Community Mental Health Action Plan
HERE

3. Search 211 for relevant resources at: **ab.211.ca**. Additionally, if you have other local resources that are not on 211, you can add those.

ab.211.ca

  a. Thinking about your choice of resources, is your customized tool user friendly?

  b. Are the resources that you have selected accessible (e.g. location, hours, cost, physical accessibility, etc.)?

4. Format the **Need Help for Mental Health?** Tool.

5. Validate customized Tool with end users and providers, to ensure the best resources have been chosen. This can be done by sharing the Tool with others and getting input.
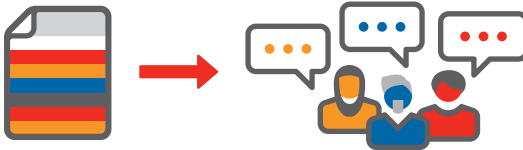
6. Provide the Community Mental Health Action Plan with a copy of your customized tool. Email: **info@mentalhealthactionplan.ca**

@
Community Mental Health Action Plan
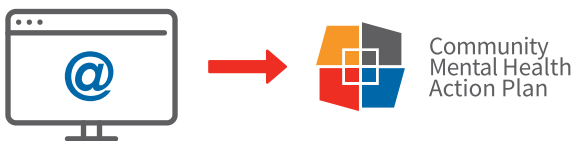
7. Share your Tool with the community you made it for!

Notes to the user

1. **PDF and Word editing:** Simply click on the box you would like to edit, and delete the placeholder content, add your text and change as you wish! You will need Adobe Acrobat to edit the PDF and Microsoft Word to edit the Word document.

2. **Google editing**: Double click on the Tool image and an edit screen will pop up. Make your edits and click 'save and close'.

3. **Disclaimer:** There is a disclaimer at the bottom of all formats that should be edited to include your own information.