

About Kickstand

Kickstand is Alberta's integrated youth mental health hub initiative. Kickstand is aimed at facilitating the alignment of services and programs in a manner that empowers young people, their families and caregivers to access wholistic, recovery oriented, developmentally designed care under one recognizable and easily accessible location.

Need Support Today?

You don't have to wait for More Good Days to get support.

Kickstand connects young people with free mental health and substance use services, peer support, primary care and other supports.



More Good Days is back!

*Subscribe to free daily
text messages made by
young people, for young
people!*

MORE GOOD DAYS



**Visit our website to find
support near you!**

for in-person services:

mykickstand.ca/communities

for virtual services:

mykickstand.ca/connect

Made possible in partnership with:



**DALHOUSIE
UNIVERSITY**

CENTRE FOR GLOBAL
MENTAL HEALTH



Global Psychological
eHealth Foundation



**UNIVERSITY
OF ALBERTA**

Mental Health Foundation



Text MoreGoodDays to 855-450-2266 to subscribe for free!

www.mykickstand.ca
[@mykickstandca](https://mykickstand.ca)

Standard message and data rates may apply. Msg frequency varies. Text STOP to cancel and Text HELP for help.

MORE GOOD DAYS



What is More Good Days?

Daily text messages right to your phone!

More Good Days is a free subscription-based text message program for young people that delivers daily positive, affirming, and outreach messages directly to the subscriber's phone.

The More Good Days program can help young people feel less alone and encourages connection to mental health and wellbeing resources; with each message being written and chosen by young people, for young people.



Does it work?

4 in 5 young people said that the original More Good Days program helped improve their overall mental well-being.

77% said the messages helped them feel connected to a support system.

70% said the messages helped them cope with loneliness.

69% said the messages helped them cope with stress.

FAQ

How do I sign up?

Text MoreGoodDays to 855-450-2266!
Message frequency varies.

How do I stop or exit my subscription?

Text STOP to cancel and Text HELP for help.

Will my subscription ever cost money?

More Good Days is absolutely free!
Standard message and data rates may apply.

How often will I get messages?

Message frequency varies. You will receive a single daily text messages throughout the campaign with an occasional extra message related to sign up, survey, or giveaways.

Why did I get a link to a survey?

The More Good Days program collects information from participants via survey to see who the program impacts, and how effective it is.

Survey questions include standardized scales that focus on depression, anxiety, overall wellness, resilience and mental health. By completing these questions, we will be able to measure what impact the program might have on these areas of your health and wellbeing. Any information collected will be de-identified and securely stored. Please note that you don't have to have any symptoms to sign up for More Good Days. We have also added an option to skip answering the questions at the end of each scale.

Made by young people in Alberta, for young people in Alberta!

The original More Good Days program was created by Kickstand in 2021 with young people in Alberta who were interested in making a youth centred and accessible outreach program.

The peer to peer messaging mixed with the convenience of daily delivery was a success across the province; showing that a bit of positivity can make a big difference. Kickstand is excited to be bringing back a refreshed version of More Good Days in 2026!

The new More Good Days program features a mix of messages written by young people and clinicians, all curated by young people in Alberta.

Messages are designed to be youth friendly, positive, affirming and approachable. Some messages include links to additional resources for mental health and wellbeing.



Scan to visit
our webpage



Contact Us: hello@mykickstand.ca