

CLC Mental Health Resource Links

If you have any questions about these links, or the session in general, please feel free to email Lynn Carlile at lcarlile@clc-ctc.ca for more information.

Are you or someone you know in crisis? You will find distress centre numbers in the links below or if it is an emergency, call 9-1-1 or go to your local emergency department.

<https://suicideprevention.ca/need-help/>

<https://suicideprevention.ca/francais/>

General Mental Health Information :

Canadian Mental Health Association/Association canadienne pour la santé mentale

http://www.cmha.ca/mental_health/myths-about-mental-illness/#.WZNOhWdRJM6

<http://www.cmha.ca/mental-health/understanding-mental-illness/>

<http://www.cmha.ca/fr/sante-mentale/comprendre-la-maladie-mentale/>

Being There – When Mental Illness Strikes Someone Near You

<http://www.beingthereguide.com/>

Right By You – Opening the Door to better Mental Health for Your Youth

<http://www.rightbyyou.ca/en> (Great for parents & grandparents)

Community Training Offerings:

Mental Health First Aid by the Mental Health Commission of Canada – 2 day program

<http://www.mentalhealthfirstaid.ca/EN/Pages/default.aspx>

Premiers Soins en Santé mentale par Commission de la santé mentale du Canada

<http://www.mentalhealthfirstaid.ca/FR/Pages/default.aspx>

<https://www.mentalhealthcommission.ca/English/webinars>

St John Ambulance also is beginning to offer the Mental Health Commission of Canada's Mental Health First Aid - 2 day program

<http://www.sja.ca/English/Courses-and-Training/Pages/Course%20Descriptions/MENTAL-HEALTH-FIRST-AID.aspx>

CMHA runs a number of training programs – check with your local CMHA: SafeTalk, ASIST (Applied Suicide Intervention Skills Training)

The National Standard on Psychological Health & Safety in the Workplace:
(including links to the Standard and FAQ)

<http://www.mentalhealthcommission.ca/English/issues/workplace/national-standard>

Mental Injury Prevention Tools for Ontario Workers:

<http://www.ohcow.on.ca/MIT>

<http://www.ohcow.on.ca/mit-video-series.html>

Accommodations for Workers with Mental Health Issues (this is a US source, but it is a very comprehensive list of suggestions that apply to any worker anywhere)

<https://askjan.org/media/Psychiatric.html>

Provincial, Territorial and Community Mental Health Links:

BC

<http://www2.gov.bc.ca/gov/content/mental-health-support-in-bc>

<https://www.healthlinkbc.ca/mental-health>

Alberta

<http://www.albertahealthservices.ca/amh/amh.aspx>

Saskatchewan

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services>

Manitoba

<http://www.gov.mb.ca/healthyliving/mh/crisis.html>

Ontario

<https://www.ontario.ca/page/mental-health-services>

<http://www.mentalhealthhelpline.ca/>

Quebec

<http://sante.gouv.qc.ca/en/problemes-de-sante/sante-mentale/#aide-et-ressources>

New Brunswick

<https://www.gnb.ca/0055/mental-health-e.asp>

Prince Edward Island

<https://www.princeedwardisland.ca/en/information/sante-i-p-e/mental-health-services>

Nova Scotia

<https://novascotia.ca/dhw/mental-health/>

Newfoundland & Labrador

<http://www.health.gov.nl.ca/health/mentalhealth/index.html>

Yukon

http://www.hss.gov.yk.ca/mental_health.php

NWT

<http://www.hss.gov.nt.ca/en/services/mental-health>

Nunavut

<http://gov.nu.ca/health/programs-services/mental-health>

CMHA – Canadian Mental Health Association – your local CMHA can assist you finding local mental health and substance use resources

<http://www.cmha.ca/get-involved/find-your-cmha/>

The following websites (in some parts of the country) can help locate local mental health and addictions services:

<http://www.ementalhealth.ca/>

<http://211.ca/>

Substance Use and Addictions:

<http://ontario.cmha.ca/addictions/>

http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/Pages/default.aspx?select=A

Video Resources:

TVO's Workplace Mental Health

<https://www.youtube.com/watch?v=CzH9ODGs4VI>

The 5+ minute video on social determinants from the Nova Scotia Public Health.

<https://www.youtube.com/watch?v=BfzmfrWhQz4>

Short Anti-Stigma Videos

Car Accident <https://www.youtube.com/watch?v=IpgKDKAhwBQ>

What You See, What You Don't

<https://www.youtube.com/watch?v=54sDdNa9vek>

You Are Not Alone <https://www.youtube.com/watch?v=54sDdNa9vek>

Myth: Talking About Suicide May Give Them the Idea

<http://rightbyyou.ca/en/bust-the-myths>

Mental Health in the Workplace

<http://www.workplacestrategiesformentalhealth.com/wti/HomePage.aspx>

