



Specific Mental Health Resources by Province and Territory / Ressources spécifiques en santé mentale par province et territoire

If you are experiencing a mental health emergency, please go to your local emergency department, call 911, or reach out to your local crisis/support line.

Si vous rencontrez une urgence de santé mentale, veuillez-vous rendre dans une salle d'urgence ou composer le 911.

Canada Suicide Prevention Line (24/7): 1-833-456-4566 or text 45645 (4:00 p.m. to 12:00 a.m. ET)

Ligne de prévention du suicide (en tout temps): 1-800-456-4566 ou par messagerie texte au 45645 (de 16 h à minuit Heure de l'Est).

The information in this resource does not replace the advice and care of a mental health professional. Rather, this resource serves to direct respiratory therapists to mental health services and resources in their respective province or territory.

Les informations contenues ci-dessous ne remplacent pas les conseils et les soins d'un professionnel de la santé mentale. Cette ressource sert plutôt à diriger les thérapeutes respiratoires vers les services et ressources de santé mentale dans leur province ou territoire respectif.

Newfoundland and Labrador / Terre-Neuve-et-Labrador

- [Bridge the gapp](#) program – online access to support and guidance for mental health and addictions in Newfoundland and Labrador
- Canadian Mental Health Association - Newfoundland and Labrador Division [education and training opportunities](#)
- Canadian Mental Health Association – Newfoundland and Labrador Division [workplace mental health program](#)

Nova Scotia / Nouvelle Écosse

- Canadian Mental Health Association – Nova Scotia Division [Education and Training](#)
- [Mental Health Foundation of Nova Scotia](#)
- Nova Scotia Health mental health [resources](#)

New Brunswick / Nouveau-Brunswick

- L'Association canadienne pour la santé mentale – Nouveau-Brunswick [programmes et services](#) et [centre de bien-être](#)
 - Notez que cette organisation offre des services supplémentaires en anglais.
- [Bridge the gapp](#) program – online access to support and guidance for mental health and addictions in New Brunswick
- Canadian Mental Health Association – New Brunswick Division [programs and services](#) and [wellness hub](#)
- Canadian Mental Health Association – New Brunswick Division [YouTube channel](#) (contains a large library of videos on mental health and wellness)
- [Navigapp](#) – une ressource en ligne qui vise à soutenir le mieux-être mental (destiné aux adultes)

Prince Edward Island / L'Île-du-Prince-Édouard

- [Bridge the gapp](#) program – online access to support and guidance for mental health and addictions in Prince Edward Island
- Canadian Mental Health Association – Prince Edward Island Division [education and training support hub](#)
- Information on walk-in and call-in [clinics](#)

Le Québec / Québec

- Action on Mental Illness [education and resources](#)
- [Allez mieux à ma façon](#) – un outil numérique sur la santé mentale
- [AMI-Québec](#)
- L'Association canadienne pour la santé mentale - [Montréal](#)
- Canadian Mental Health Association – [Québec/Montréal division](#)
- [Getting Better My Way](#) – a digital self-management tool for emotional health
- Centre de prévention du suicide de Québec:
 - [And me, how is it going?](#) (workplace mental health program)
 - [Et moi, comment ça va ?](#) (ressource sur la santé mentale en milieu de travail)

Ontario / L' Ontario

- [AbilitiCBT](#) : free for Ontario residents age 16 or older, for anxiety, depression or anxiety relating to the pandemic
- [AbilitiTCCi](#): Programmes qui conviennent à toute personne de 16 ans ou plus. Ils portent sur la dépression, l'anxiété et l'anxiété liée à la pandémie.
- L'Association canadienne pour la santé mentale – Ontario
 - [Retrouver son entretien](#) : programme gratuit de développement des compétences en santé mentale
 - Notez que cette organisation offre des services supplémentaires en anglais.
- [BEACON Digital Therapy Service](#) (Ontario): customized support for Ontario health care workers to provide support for stress and mental well-being
- Canadian Mental Health Association – Ontario Division
 - [Bounceback Ontario](#): free, mental health skill-building program
 - [Living Life to the Full](#) (Ontario): eight-week, group-oriented program that provides participants with tools to help manage life's challenges
 - [Mental Health in the Workplace: An Accommodation Guide for Managers and Staff](#)
 - Other [CMHA-Ontario provincial programs](#)
- Helpline for non-urgent support/navigate mental health resources and supports:
 - ConnexOntario: 1-866-531-2600 or text CONNEX to 247247 (can also provide local crisis support numbers)
 - Telehealth Ontario: 1-866-797-0000
- [Hospice Palliative Care Ontario](#): Grief and bereavement supports for healthcare providers
- Mt. Sinai and University of Toronto: 7.5 minute [video](#) on coping strategies
- Ontario Psychological Association: [workbook and guide](#) to wellness for frontline providers
- Ontario RRT Support Facebook page (Search in Facebook, or OntarioRRT@gmail.com)
- Sunnybrook Health Sciences Centre "[Your Health Matters](#)": COVID-19 resources and information including articles and a speaker series

Manitoba / Le Manitoba

- Shared Health: [mental health resources](#) for healthcare workers and the public
- [Mental Health Education Resource Centre of Manitoba](#) – a free resource for residents of Manitoba designed to promote mental health and provide education on mental illness
- Canadian Mental Health Association – Manitoba and Winnipeg Division
 - [Community and Workplace Education](#)
 - [Education and resources](#)

Saskatchewan / La Saskatchewan

- [Accessing non-mental and mental health services in Saskatchewan](#)
- Canadian Mental Health Association – Saskatchewan Division [education and resources](#)

Alberta / L 'Alberta

- [Accessing mental health services in Alberta](#)
- [L'Association canadienne pour la santé mentale - Alberta](#)
 - Notez que cette organisation offre des services supplémentaires en anglais.
- [Canadian Mental Health Association – Alberta Division](#)
 - [Bounceback](#) : a free, mental health skill-building program
 - [Togetherall platform](#) – an anonymous online peer-to-peer mental health community for Albertans which is monitored by trained clinicians
 - [Workplace training](#) resources
- MH Vicars School of Massage Therapy: free massage appointments at student clinics for healthcare providers, including respiratory therapists:
 - Calgary Sign-Up: <https://mailchi.mp/mhvicarsschool/community-collaboration>
 - Edmonton Sign-Up: <https://mailchi.mp/mhvicarsschool/community-collaboration-edmonton>

British Columbia / La Colombie-Britannique

- Provincial [Mobile Response Team](#): a collaboration of the Ministry of Mental Health and Addictions and the Canadian Mental Health Association – BC Division, this program offers psychosocial support to long term, residential and community care front-line staff who have been impacted by COVID-19
- Canadian Mental Health Association – British Columbia Division
 - [Bounceback](#) : a free, mental health skill-building program
 - [Improving Mental Health](#)
 - [Living Life to the Full](#): eight-week, group-oriented program that provides participants with tools to help manage life's challenges
 - [Workplace programs](#)
- HealthLink BC [Mental and behavioural health learning centre](#)
- [Virtual Mental Health Supports](#): virtual services for British Columbians experiencing depression, anxiety or other mental health challenges

Northwest Territories / Les Territoires-du-Nord-Ouest

- [Mental Health – Where to get help in the NWT](#) (online brochure)
- NWT Mental Health [resource page](#)
- [NWT Community Counselling Program](#)
- [Programme de counseling communautaire des TN-O](#)
- TN-O Santé et services sociaux [page de ressources](#)

Yukon / Le Yukon

- [Mental Health Association of Yukon](#)
 - [Living Life to the Full](#) program (evidence-based program, led by trained and certified facilitators to help participants identify problem areas and develop the skills to address them)

Nunavut / Le Nunavut

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- Government of Nunavut Mental Health [resource page](#)

Do you have a resource to suggest for this page? Please e-mail csrt@csrt.com.

Pour suggérer une ressource pour cette page, veuillez nous contacter : csrt@csrt.com.