

Supportive Resources

Canada-Wide

- **Health Link**
24/7 health advice or information.
Provincial Health Services
Dial 8-1-1 for 24-hour access
- **211 Provincial Information and Referral Service**
Over the phone/online chat, 24-hour service that assists in finding community and social services in province of caller.
Dial 2-1-1 for 24-hour access
<https://211.ca/>
- **Help Lines**
Talk Suicide Canada 24/7 Availability: 1-833-456-4566
Wellness Together Canada – Connect with a Mental Health professional: 1-866-585-0445
Hope for Wellness – Support for all Indigenous people across Canada: 1-855-242-3310
Kids Help Phone: 1-800-668-6868
Drug Rehab Services: 1-877-254-3348

Provincial (alphabetically by province)

- **Alberta Mental Health and Community Resources**
Help in Tough Times - <https://www.albertahealthservices.ca/amh/page16759.aspx>
Addiction and Mental Health - <https://www.albertahealthservices.ca/amh/amh.aspx>
- **Alberta Psychological Association Disaster Response Network**
Pro-bono psychological services with priority for health care providers and first responders traumatized by recent events. This is not a crisis line or a referral service but pro-bono support by volunteer psychologists of 1-3 sessions for those in need.
Contact the PAA Office paa@paa-ab.ca
(780) 424-0294 or Toll-Free at 1-888-424-0297
- **BC Mental Health and Community Resources**
Mental Health and Substance Use Services - <http://www.bcmhsus.ca/>
Bounce Back - <http://bouncebackbc.ca/>
- **British Columbia: Care to Speak**

Care to Speak is a peer support service for those working in healthcare. Care to Speak provides non-judgmental and confidential mental health support. The service is available over the phone at 1-866-802-7337 (PEER). An online chat is also available. It is available from 5pm to 9pm Monday to Friday and from 10am to 2pm Monday to Wednesday.

- **Manitoba Mental Health and Community Resources**
Mental Health Services - https://www.gov.mb.ca/betterhealth/health_services/mental_health_services.html
ADAM Peer Support - <https://adam.mb.ca/>
Mental Health Education Resource Centre (MHERC) - <https://mherc.mb.ca/>
- **Manitoba: Klinik Crisis Line (24/7)**
The Klinik Crisis Line operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.
Phone: (204) 786-8686 or toll-free: 1-888-322-3019
- **New Brunswick Mental Health and Community Resources**
Mental Health Services - <https://www2.gnb.ca/content/gnb/en/departments/health/AddictionsandMentalHealth.html>
Bridge the Gap - <https://bridgethegap.ca/adult-national/>
- **New Brunswick: Chimo Helpline**
Chimo is a provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents of New Brunswick.
Phone: 1-800-667-5005
- **Newfoundland and Labrador Mental Health and Community Resources**
Mental Health Services - <https://www.gov.nl.ca/hcs/mentalhealth-committee/mentalhealth/>
Bridge the Gap - <https://bridgethegap.ca/adult-national/>
- **Newfoundland Provincial Lifewise Warm Line**
If you are feeling isolated and alone during COVID-19, you are encouraged to reach out and speak with a trained mental health peer supporter.
1-855-753-2560 9:00am to 12:00am daily.
- **Newfoundland Mental Health and Addictions Systems Navigator**
A central point of contact for individuals, family members and stakeholders throughout the province to problem solve so you can figure out next steps, consider options and find the right mental health or addiction service, and get help in making connections.

Call 752-3916 or **1-877-999-7589** from 8:30am-4:30pm
Email barry.hewitt@easternhealth.ca

- **Nova Scotia Mental Health and Community Resources**
Mental Health Services - <https://novascotia.ca/mental-health-and-wellbeing/>
Resources for First Responders - <https://www.firstrespondersmentalhealthns.com/>
- **Nova Scotia: Access Wellness**
Provides a single session of 1-to-1 counselling to help people dealing with mental health concerns (like anxiety, job loss, grief, relationship issues and substance use). Counselling sessions can be online, by phone or in person in Sydney, Halifax, Kentville or New Glasgow. You can call the support team to book an appointment.
Call toll-free: [1-833-691-2282](tel:1-833-691-2282) (7 days a week, 8:30 am to 11:00 pm)
- **Ontario Mental Health and Community Resources**
Mental Health Services - <https://www.ontario.ca/page/find-mental-health-support>
Mental Health and Addictions supports for Healthcare Workers - <https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals#:~:text=CAMH%20provides%20access%20to%20mental,resources%2C%20psychotherapy%20and%20psychiatric%20services>
Breaking Free - <https://www.breakingfreeonline.ca/>
- **ConnexOntario**
ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness, or gambling by connecting them with services in their area
Phone: 1-866-531-2600 or text: CONNEX to 247247
- **Prince Edward Island Mental Health and Community Resources**
Mental Health Services - <https://www.princeedwardisland.ca/en/topic/mental-health-services>
ICAN Adult Anxiety and Depression Program - <https://strongestfamilies.com/ican/>
Canadian Mental Health Association - <https://pei.cmha.ca/>
- **PEI Mental Health and Addictions Phone Line**
Talk to trained mental health professionals (a registered nurse or social worker) 24 hours a day, seven days a week
Phone: 1-833-553-6983
- **Quebec Mental Health and Community Resources**
Mental Health Services - <https://www.quebec.ca/en/health/advice-and-prevention/mental-health/get-help-with-mental-health/mental-health-help-and-support-resources>
Mouvement Santé mentale Québec - <https://mouvementsmq.ca/>

REB #: Pro00127136

Study Title: Examining internal & external Influences leading to health care worker Turnover in ICUs: EXIT-ICU Study

PI: Dr. Vincent Lau

Version 1.0 / May 30, 2023

Réseau Avant de Craquer - <https://www.avantdecraquer.com/>

- **Association des Centres d'écoute téléphonique du Québec**

Offrant un service gratuit d'écoute active, généraliste, anonyme et confidentiel aux personnes ressentant le besoin de se confier ou en détresse psychologique ou vivant une problématique suicidaire.

Find a help line in your region

- **Saskatchewan Mental Health and Community Resources**

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

- **Be SaskWell**

A text-based mental health and wellness service for COVID-19 created by University of Saskatchewan researchers. Sign up by text: Text JOIN to 759355