Mental health resource list

Workplace Strategies for Mental Health

Compliments of Canada Life

Organizational resources	Contact name	Phone	E-mail
Human resources department			
Employee assistance program (EAP)			
Member of managerial team			
Wellness/Health centre			
Occupational health nurse			
Other			

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Community resources	Contact name	Phone	E-mail
Family doctor If you are not in immediate crisis, your family doctor is often a good starting point to begin to get help and a referral to appropriate services, including counselling and psychiatric treatment.			
Local branch of the Canadian Mental Health Association (CMHA)			
Mood disorder services			
Addiction services			
Distress line			
Child and family services			
Family support groups			
Return-to-work planning			

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Community resources	Name	Phone	Location/Contact
Online information and tools	**Working Though It**		workplacestrategiesformentalhealth.com/wti
	Check Up From the Neck Up		https://hopeandme.org/our-programs/online-programs/check-up-from-the-neck-up/
	Find your local CMHA		cmha.ca/get-involved/find-your-cmha/
	Centre for Addiction and Mental Health Foundation	Toll-free: (416) 535-8501	https://www.camh.ca/en/patients-and-families/access-camh/referral-form
	Workplace Strategies for Mental Health		workplacestrategiesformentalhealth.com
	Mental Health Commission of Canada		mentalhealthcommission.ca
	The Family Guide to Mental Health Recovery Project		http://www.familyguidetomentalhealth.com