

Mental Health Resource List



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			

Mental Health Resource List

Community Resources	Name	Phone	Location/Contact
Family Doctor <i>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.</i>			
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			

Mental Health Resource List

Community Resources	Name	Phone	Location/Contact
Online Information & Tools	Working Through It		workplacestrategiesformentalhealth.com/wti
	Check Up From the Neck Up		mooddisorders.ca/program/check-up-from-the-neck-up
	Find your local CMHA		cmha.ca/get-involved/find-your-cmha/
	Centre for Addiction and Mental Health	(416) 535-8501	http://www.camh.ca/en/hospital/Referrals_to_CAMH/Pages/Referrals-to-CAMH.aspx
	Workplace Strategies for Mental Health		workplacestrategiesformentalhealth.com
	Mental Health Commission of Canada		mentalhealthcommission.ca
	The Family Guide to Mental Health Recovery Project		www.familyguidetomentalhealth.com