

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
<p>Family Doctor</p> <p><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></p>			
<p>Local branch of the Canadian Mental Health Association (CMHA)</p>			
<p>Mood Disorder Services</p>			
<p>Addiction Services</p>			
<p>Distress Line</p>			
<p>Child and Family Services</p>			
<p>Family Support Groups</p>			
<p>Return-to-Work Planning</p>			

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 Foundation	<i>Toll-free:</i> (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