

Free Public National Mental Health Resources

Mayo Clinic Resiliency Training

<https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

How to Meditate

<http://how-to-meditate.org/>

Workplace Strategies for Mental Health

<https://www.workplacestrategiesformentalhealth.com/>

Mental Health Commission

National Standard for Psychological Health & Safety in the Workplace, with Implementation Guide

<https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard>

MHCC Training and Resources

<https://www.mentalhealthcommission.ca/English/resources>

CSA Group SPE Z1003 Implementation Handbook

<https://www.csagroup.org/article/spe-z1003-implementation-handbook/>

Assess and address psychological health and safety concerns in the workplace

<https://www.guardingmindsatwork.ca/>

Stress assessment for the workplace

<http://www.stressassess.ca/>

Wellness Together Canada

<https://ca.portal.gs/>

Wellness Works Canada workplace resources

<https://www.resources.wellnessworkscanada.ca/resources>

Mood Disorders Society of Canada Education

<https://mdsc.ca/edu/>

MH First Aid

<https://www.mhfa.ca/en/general-resources>

Training to assist in reducing stigma surrounding Mental Health in the workplace

<https://www.theworkingmind.ca/>

CMHA Work/Life Balance

<https://cmha.ca/resources/work-life-balance-make-it-your-business>

Depression

www.depressionhurts.ca

Anxiety

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-adults/>



Heads Up Guys

<https://headsuptguys.org/managing-mental-health-covid-19/>

Starling Minds

<https://info.starlingminds.com/covid19-free-mental-health>

Free Public National Mental Health Resources by Province

British Columbia

Substance use issues

<https://www.heretohelp.bc.ca/>

Mindhealth BC

<http://www.mindhealthbc.ca/about-us>

CMHA — BC Division

<https://cmhabc.force.com/MentalHealthCheckIn/s/>

Bounceback

https://bouncebackbc.ca/#gf_3

Alberta

Counseling

<https://canwetalk.ca/get-help-if-you-need-it/types-of-help/>

Youth/Family MH

<https://www.casaservices.org/programs>

Alberta Text4Hope

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

Togetherall

<https://togetherall.com/en-ca/>

Saskatchewan

Mental Health Services/Support | Government of Saskatchewan

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

Farm Stress Support

<https://www.saskatchewan.ca/business/agriculture-natural-resources-and-industry/agribusiness-farmers-and-ranchers/programs-and-services/farm-stress-line>



Manitoba

MHERC Manitoba

<https://www.mherc.mb.ca/>

AbilitiCBT through Morneau Shepell/MB Gov't

<https://www.gov.mb.ca/covid19/bewell/virtualtherapy.html>

<https://myicbt.com/home>

Ontario

MindBeacon CBT

https://info.mindbeacon.com/btn542?gclid=EAlaIqobChMhKXjp8vV7QIVAY3ICh1ZxwENEAYASAAEgJvvnD_BwE

AbilitiCBT through Morneau Shepell

<https://myicbt.com/home>

Mind your Mind

<https://mindyourmind.ca/>

Québec

Mental Health | Gouvernement du Québec

<https://www.quebec.ca/en/health/advice-and-prevention/mental-health/>

Amiquébec

<https://amiquebec.org/>

Atlantic (New Brunswick / Nova Scotia / Newfoundland & Labrador / PEI)

Nova Scotia Mental Health and Addictions

<https://mha.nshealth.ca/en>

Community Mental Health Resources | New Brunswick

https://www2.gnb.ca/content/gnb/en/departments/health/mental_health_services/CommunityMentalHealthResources.html

Help My Child PEI

<https://helpmychild.ca/resource-topic/mental-health/>

Yukon / NWT / Nunavut

Health and Wellness Support During COVID-19 | Government of Yukon

<https://yukon.ca/en/health-and-wellness/covid-19-information/your-health-covid-19/mental-health-and-wellness-support>



Wellness and Addictions Recovery | Health and Social Services
<https://www.hss.gov.nt.ca/en/services/mental-wellness-and-addictions-recovery>

Mental Health | Government of Nunavut
<https://www.gov.nu.ca/health/information/mental-health-0>

Access Adult Counseling Services | Government of Yukon
<https://yukon.ca/en/health-and-wellness/mental-wellness/access-adult-counselling-services>

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