

## 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 of Canada

#### 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](http://www.depressionhurts.ca)

### Anxiety

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



**Heads Up Guys**

<https://headsupguys.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](https://bouncebackbc.ca/#gf_3)

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## 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/>

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## 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>

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## Ontario

### MindBeacon CBT

[https://info.mindbeacon.com/btn542?gclid=EAlaIQobChMIhKXjp8vV7QIVAY3ICh1ZxwENEAAAYASAAEgJvrvD\\_BwE](https://info.mindbeacon.com/btn542?gclid=EAlaIQobChMIhKXjp8vV7QIVAY3ICh1ZxwENEAAAYASAAEgJvrvD_BwE)

### AbilitiCBT through Morneau Shepell

<https://myicbt.com/home>

### Mind your Mind

<https://mindyourmind.ca/>

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## Québec

### Mental Health | Gouvernement du Québec

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

### Amiquébec

<https://amiquebec.org/>

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## 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](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/>

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## 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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