



MENTAL HEALTH RESOURCES

The following are resources for Guiders and girls looking for more information on stress and/or anxiety, or for those seeking additional support and assistance on any mental health topic.

National Resources

Kids Help Phone – www.kidshelpphone.ca; 1-800-668-6868 (free, 24/7, confidential, anonymous and available to children and youth 5-20 years)

- Resources Around Me (find youth support programs in a variety of areas in your community) - <https://www.kidshelpphone.ca/resourcesaroundme/welcome.html>

First Nations and Inuit Hope for Wellness Help Line - 1-855-242-3310 (toll free; provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24/7)

Centre for Addiction and Mental Health (CAMH) - <http://www.camh.ca/en/hospital/Pages/home.aspx>

Canadian Mental Health Association (CMHA) - <http://www.cmha.ca/>

- Local CMHA locations can be found across the county here: <http://www.cmha.ca/get-involved/find-your-cmha/>

Mental Health Commission of Canada - <http://www.mentalhealthcommission.ca/English>

eMentalHealth.ca, Mental Health Services Help and Support in Your Community - <http://www.ementalhealth.ca/>

mind your mind - <http://mindyourmind.ca/>

Alberta

Canadian Mental Health Association, Alberta Division - <http://alberta.cmha.ca/>

Alberta Health, Addiction and Mental Health Services - <http://www.health.alberta.ca/health-info/addiction-mental-health.html>

British Columbia

Kelty Mental Health Resource Centre - <http://keltymentalhealth.ca/>

BC Mental Health and Substance Use Services - <http://www.bcmhsus.ca/>

Canadian Mental Health Association, BC - <http://www.cmha.bc.ca/>

Manitoba

Canadian Mental Health Association, Manitoba - <http://winnipeg.cmha.ca/>

Mental Health Services for Children, Youth and Families - <http://www.matc.ca/>

Mental Health Education Resource Centre of Manitoba - <http://mherc.mb.ca/index.php>

Newfoundland and Labrador

Canadian Mental Health Association, Newfoundland and Labrador - <http://cmhanl.ca/>

Thrive, Community Youth Network - <http://www.thrivecyn.ca/>

Bridge the gAPP - <http://www.bridgethegapp.ca/>





New Brunswick

Canadian Mental Health Association, New Brunswick - <http://cmhanb.ca/>

Capital Region Mental Health and Addictions Association - <http://www.crmhaa.ca/>

Partners for Youth, Dots NB - <http://www.partnersforyouth.ca/dotsnb/>

Northwest Territories

Northwest Territories Health and Social Services - <http://www.hss.gov.nt.ca/en/services/mental-health>

Yellowknives Dene First Nation Wellness Department - <http://ykdene.com/wellness/>

Tlichon Social Services and Counselling - <http://www.tlichon.ca/content/child-and-family-services>

Nova Scotia

Canadian Mental Health Service, Nova Scotia - <http://novascotia.cmha.ca/>

Nova Scotia Health Authority - http://www.cha.nshealth.ca/mentalhealth/programs_services/child_youth_services.htm

IWK Health Centre - <http://www.iwk.nshealth.ca/mental-health>

Nunavut

Ilisarsivik Society and Family Resource Centre - <http://ilisarsivik.ca/>

Embrace Life Council - <http://inuusiq.com/>

Ontario

Canadian Mental Health Association, Ontario - <http://ontario.cmha.ca/>

Children's Mental Health Ontario - <http://cmho.org>

Youth Net - <http://www.youthnet.on.ca/en/home>

Children's Hospital of Eastern Ontario - <http://www.cheo.on.ca/En/cheomentalhealth>

Québec

Canadian Mental Health Association, Québec; Association Canadienne Pour La Santé Mentale - Division du Québec - <http://www.mouvementsmq.ca/> (French resources)

Tel-Jeunes - <http://en.teljeunes.com/home>

AMI-Québec - <http://amiquebec.org/>

Prince Edward Island

Canadian Mental Health Association, Prince Edward Island - <http://pei.cmha.ca/>

Health PEI, Mental Health Services - <http://www.healthpei.ca/mentalhealth>

Saskatchewan

Canadian Mental Health Association, Saskatchewan - <http://sk.cmha.ca/>

Government of Saskatchewan - <http://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services> and <http://www.employeeservices.gov.sk.ca/wellness>

Yukon

Yukon Health and Social Services - http://www.hss.gov.yk.ca/mental_health.php

Many Rivers Counselling and Support Services - <http://www.manyrivers.yk.ca/>

