

Mental Health Resources for Paramedic Services (Part 2- External)

| HEALTHY | REACTING | INJURED | ILL |
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| RESOURCE: Self-Assessment Tool by Canadian Institute for Public Safety Research and Treatment | | CONTACT INFORMATION: https://www.cipsrt-icrtsp.ca/ | |
| DESCRIPTION: Private, confidential access to a series of anonymous self-assessment mental health screening tools for first responders. Take results to your doctor for further discussion. | | | |
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| RESOURCE: Homewood Health Centre (HHC) | | CONTACT INFORMATION: 1-866-839-2594 Homewoodhealth.com <i>Mississauga outpatient clinic</i> 289-207-0011 Homewoodhealth.com/Mississauga | |
| DESCRIPTION: <ul style="list-style-type: none"> Mental health and addiction treatment programs including traumatic stress recovery, PTSD and addictions. Short-term, inpatient program to assess and stabilize individuals exhibiting life-threatening and/or self-injurious behaviour related to psychiatric illness or disorders. Doctor referral required. EMS workers do not have to be a resident of Wellington County; HHC is located in Guelph. Mississauga outpatient PTSD and trauma, mood disorders and addictions treatment clinic. Immediate access. | | | |
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| RESOURCE: Bellwood – Health Services | | CONTACT INFORMATION: 1-800-387-6198 | |
| DESCRIPTION: Treatment programs designed specifically for: <ul style="list-style-type: none"> addiction and PTSD/Occupational Stress Injury (OSI) trauma and psychological injury treatment program | | | |
| HEALTHY | REACTING | INJURED | ILL |
| RESOURCE: Centre for Addiction and Mental Health (CAMH) | | CONTACT INFORMATION: 1-800-463-2338 or camh.ca | |
| DESCRIPTION: Combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues. | | | |

Legend:

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The mental health continuum is referenced above each resource name; coloured areas on the continuum show when the resource may be helpful. If the continuum area is grey, then the resource is less likely to help. Remember, the earlier action is taken, the easier it is to stay or return to green/healthy.

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| RESOURCE: Canadian Mental Health Association (CMHA) Dufferin Peel | | CONTACT INFORMATION: 24/7 Crisis Support Peel Dufferin 905-278-9036 or 1-888-811-2222 (Caledon & Dufferin) 905-451-2123 cmhapeeldufferin.ca | |
| DESCRIPTION: <ul style="list-style-type: none"> • 24/7 Crisis Support Peel Dufferin Line for urgent support. • Intake and referral service - help if your mental health is affecting your daily life or getting in the way of your work or relationships. If you are worried about a friend or family member's mental health or substance use, help is available. • <i>Quick Guide</i> – Printable list of many community support services e.g. shelters, foodbanks, counselling. Google your local CMHA "quick guide" if you live outside Peel/Dufferin. | | | |
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| RESOURCE: 211 Ontario.ca | | CONTACT INFORMATION: Dial 211 or 211ontario.ca | |
| DESCRIPTION: Find programs and services in your area including mental health, homelessness, and general community programs. | | | |
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| RESOURCE: National Service Dogs | | CONTACT INFORMATION: 519-623-4188 or nsd.on.ca | |
| DESCRIPTION: Certified service dogs to assist individuals suffering from long-term PTSD. | | | |
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| RESOURCE: First Responders First | | CONTACT INFORMATION: firstrespondersfirst.ca | |
| DESCRIPTION: Offers resources and services for the First Responder community to understand the various steps of a PTSD program from managing a crisis through to implementing best practices into an existing program. | | | |
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| RESOURCE: Wings of Change – Peer Support | | CONTACT INFORMATION: http://wingsofchange.wixsite.com/wingsofchange | |
| DESCRIPTION: A safe, stigma free environment and caring environment for community heroes to heal through talk, fellowship and education. | | | |
| HEALTHY | REACTING | INJURED | ILL |
| RESOURCE: Ementalhealth.ca | | CONTACT INFORMATION: Ementalhealth.ca | |
| DESCRIPTION: Provides anonymous, confidential and trustworthy information, 24 hours/365 days assisting you to find help and support in your community. | | | |

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| RESOURCE: Working Through It | | CONTACT INFORMATION: gwlcentreformentalhealth.com/wti | |
| DESCRIPTION: Watch online videos featuring real stories of reclaiming mental well-being at work following a mental illness. | | | |
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| RESOURCE: Diakonos Retreat Society | | CONTACT INFORMATION: 403-201-9945 or legacyplacesociety.com | |
| DESCRIPTION: Goal is to provide funding to those individuals who cannot afford access to mental health professionals. | | | |
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| RESOURCE: Anti-depressant skills at work | | CONTACT INFORMATION: sfu.ca/carmha/toolsandresources.html | |
| DESCRIPTION: A self-care manual for dealing with mood problems at work. | | | |
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| RESOURCE: The Mood Gym | | CONTACT INFORMATION: moodgym.anu.edu.au/welcome | |
| DESCRIPTION: By Centre for Mental Health Research (Australian National University) learn cognitive behaviour therapy skills for preventing and coping with depression. | | | |
| HEALTHY | REACTING | INJURED | ILL |
| RESOURCE: Being there when mental illness strikes | | CONTACT INFORMATION: Beingthereguide.com | |
| DESCRIPTION: A guide for friends, family members and co-workers who want to help when mental illness strikes. | | | |
| HEALTHY | REACTING | INJURED | ILL |
| RESOURCE: PTSD Coach Canada | | CONTACT INFORMATION: App to download | |
| DESCRIPTION: Application that helps in learning and managing symptoms occurring after trauma. Provides information and self-help tools to assist treatment. | | | |
| HEALTHY | REACTING | INJURED | ILL |
| RESOURCE: TruReach Mental Wellness (App for download) | | CONTACT INFORMATION: pshsa.ca/mentalhealth/ | |
| DESCRIPTION: Quick lessons based on cognitive behavioural therapy. Does not replace seeing a mental health professional; helps you deal with feelings of depression and anxiety. | | | |

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