

**Canadian Mental Health Resources  
Prepared for  
“You are not Alone”  
workshop for families and friends  
supporting someone with a mental illness  
Mental Illness Awareness Week, 2010  
Maureen Osis**

**For Families and Friends**

**Befrienders Worldwide (Crisis Lines)**

An online source for suicide prevention information and resources. Website funded by Canadian Red Cross Society. [www.befrienders.org](http://www.befrienders.org)

**Canadian Association for Suicide Prevention**

CASP works towards reducing the suicide rate and minimizing the harmful consequences of suicide by advocating, supporting and educating. [www.casp-acps.ca](http://www.casp-acps.ca)

- For a list of crisis centres, go to: [www.suicideprevention.ca](http://www.suicideprevention.ca)

**Canadian Mental Health Association - National Office**

The Canadian Mental Health Association (CMHA) is a national charitable organization that promotes the mental health and recovery of people experiencing mental illness. [www.cmha.ca](http://www.cmha.ca)

**Canadian Society of Addiction Medicine**

A national organization formed in 1989 that includes medical professionals and other scientists interested in the field of substance use disorders. It offers a resource of scientific and medical information about addiction for professionals and the general public. [www.csam.org](http://www.csam.org)

**Centre for Suicide Prevention**

The Centre for Suicide Prevention is a registered charitable non-profit organization. Its three main branches include: The Suicide Information & Education Collection (SIEC), which is a special library and resource centre providing information on suicide and suicidal behaviour; the Suicide Prevention Training Programs (SPTP) branch which provides caregiver training in suicide intervention, awareness, bereavement, crisis management and related topics. Suicide Prevention Research Projects (SPRP) advocates for, and supports research on suicide and suicidal behaviour. [www.suicideinfo.ca](http://www.suicideinfo.ca). The centre does not do crisis intervention or counselling, but has a link to [crisis lines in your area](#).

**eMentalHealth.ca**

Ottawa-based non-profit initiative with a vision of connecting Canadians to information on mental health resources. [www.ementalhealth.ca/splash.php](http://www.ementalhealth.ca/splash.php)

### **Health Canada Inuit and First Nations Health**

First Nations Resources. [www.hc-sc.gc.ca/fnih-spni/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/index_e.html)

Health Canada is working with First Nations people and Inuit to improve their health. Together with First Nations and Inuit organizations and communities, we carry out many activities aimed at helping people stay healthy, and prevent chronic and contagious diseases.

### **Native Mental Health Association of Canada**

The NMHAC builds on knowledge, history, legacy, aspirations and the spirit of First Nations, Inuit and Métis to foster and promote wellness and whole health of all peoples. It promotes and supports champions of mental wellness. [www.nmhac.ca](http://www.nmhac.ca)

### **Kids Help Phone**

Kids Help Phone is a Canadian not-for-profit organization that receives no core government or United Way that provides toll-free, bilingual, confidential and anonymous phone and web counselling, referral and information for children and youth across Canada, 24 hours a day, 365 days a year. Counsellors answer calls and online questions from across Canada and provide immediate and caring support, information and referrals. [www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
If you are a child or teenager, and need to contact Kids Help Phone, please **call 1-800-668-6868**.

### **Mood Disorders Society of Canada**

The Mood Disorders Society of Canada is a registered non-profit organization that works in partnership with individuals and groups committed to ensuring the people and their families affected by mood disorders enjoy the fullest, most productive lives possible, within a healthy, stigma-free environment. [www.mooodisorderscanada.ca](http://www.mooodisorderscanada.ca)

### **National Network for Mental Health (NNMH)**

The National Network for Mental Health is a 15-year-old national non-diagnostic mental health consumer/survivor organization. Board members, voting members and most of the staff are mental health consumer/survivors. The purpose of the network is to advocate, educate and provide expertise and resources that benefit the Canadian consumer/survivor community. [www.nnmh.ca](http://www.nnmh.ca)

### **Public Health Agency of Canada - Mental Health**

Government of Canada website designed to provide access to a range of online materials related to the promotion of mental health, the planning, delivery, cost and evaluation of mental health programs and services in Canada, and the mental health issues, problems and disorders encountered by Canadians. [www.phac-aspc.gc.ca/mh-sm/index-eng.php?rd=mental\\_eng](http://www.phac-aspc.gc.ca/mh-sm/index-eng.php?rd=mental_eng)

### **Schizophrenia Society of Canada**

Advocating on behalf of individuals and families affected by schizophrenia and committed to improving the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research. [www.schizophrenia.ca](http://www.schizophrenia.ca)

- [Schizophrenia Society of Canada Resources](#)

## **Suicide Prevention Help (Global Web Directory)**

An online source for suicide prevention information and resources. Website funded by Canadian Red Cross Society

[www.suicidepreventionhelp.com/directory/Crisis\\_Centers/North\\_America/Canada/](http://www.suicidepreventionhelp.com/directory/Crisis_Centers/North_America/Canada/)

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## **What is “Mental Health First Aid?”**

**It’s critical to deal with physical emergencies quickly, but it is just as important not to neglect a mental health emergency.**

‘Mental Health First Aid’ refers to the help provided to a person developing a mental health problem or experiencing a mental health crisis. For over four years the program has taught Canadians how to respond to mental health emergencies, enabling them to better manage potential or developing mental health problems in themselves, a family member, a friend or colleague.

To date, more than 19,000 people have been trained across Canada. The program is available to anyone interested in learning mental health first aid, including employees such as human resource managers, teachers, counselors, transit workers, nurses and police officers.

MHFA does not teach people how to be therapists but does teach how to:

- Recognize the signs and symptoms of mental health problems
- Provide initial help
- Guide a person towards appropriate professional help

MHFA also offers a basic instructor course to equip those who want to train others in mental health first aid and an instructor course specifically for people who work directly with youth. The program has 270 instructors across Canada and will continue to operate out of Edmonton.

Mental Health First Aid (MHFA) originated in Australia and is now available in 14 countries.

The Mental Health Commission of Canada is now responsible for the Mental Health First Aid (MHFA) Canada.

For information about how to participate in the program please visit the Mental Health First Aid Canada web site: [www.mentalhealthfirstaid.ca](http://www.mentalhealthfirstaid.ca)

## **Advocacy Groups**

### **Canadian Alliance on Mental Illness and Mental Health (CAMIMH)**

Established in 1998, the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) is an alliance of mental health organizations comprised of health care providers, as well as the mentally ill and their families. CAMIMH's mandate is to ensure that mental health is placed on the national agenda so that persons with a lived experience of mental illness and their families receive appropriate access to care and support. <http://www.camimh.ca>

### **Canadian Coalition for Senior's Mental Health**

Advocacy group comprised of members from organizations, or individuals interested in helping make a positive change to the field of senior's mental health. Any organization or individual may request membership to the CCSMH through the secretariat. [www.ccsmh.ca](http://www.ccsmh.ca)  
To request membership: <http://www.ccsmh.ca/en/memberForm.cfm>

### **Canadian Collaborative Mental Health Initiative**

A consortium of 12 Canadian organizations representing community services, consumers, families and caregivers, self-help groups, dietitians, physicians, nurses, occupational therapists, pharmacists, psychologists, psychiatrists and social workers. [www.ccmhi.ca](http://www.ccmhi.ca)

### **Canadian National Committee for Police/Mental Health**

This website is designed to provide information, contacts and support to police officers and police services, as well as to the mental health services in their communities, to aid in their work with people experiencing mental illnesses. It is a project of the Human Resources Committee of the Canadian Association of Chiefs of Police. Here, you will find a variety of education materials, samples of agreements between police services and mental health agencies, guidelines for police services and numerous other references. [www.pmhl.ca](http://www.pmhl.ca)

### **Canadian Network for Mood and Anxiety Treatment**

CANMAT, the Canadian Network for Mood and Anxiety Treatments, is a federally incorporated academically based not-for-profit research organization linking healthcare professionals from across Canada who have a special interest in mood and anxiety disorders. [www.canmat.org](http://www.canmat.org)

### **Canadian Psychiatric Association**

The Canadian Psychiatric Association (CPA), founded in 1951, is the national voluntary professional association for Canada's 4,000 psychiatrists. The CPA's mission is to forge a strong, collective voice for Canadian psychiatrists and to promote an environment that fosters excellence in the provision of clinical care, education and research. [www.cpa-apc.org](http://www.cpa-apc.org)

### **Canadian Psychological Association**

In an effort to advance and promote psychology for the benefit of all, one of CPA's four objectives is to improving the health and welfare of all Canadians. [www.cpa.ca](http://www.cpa.ca)

### **Mental Health Awareness Week**

Mental Illness Awareness Week (MIAW) is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. The week was

established in 1992 by the Canadian Psychiatric Association, and is now coordinated by the Canadian Alliance on Mental Illness and Mental Health (CAMIMH) in cooperation with all its member organizations and many other supporters across Canada. [www.miaaw.ca/en/default.aspx](http://www.miaaw.ca/en/default.aspx)  
Campaign elements include:

- a grassroots public education initiative;
- a nationally-distributed poster and bookmark series; Annual Champions of Mental Health Awards luncheon in Ottawa and
- an education initiative with federal Members of Parliament, both in their home ridings and on Parliament Hill.

### **Mental Health Commission of Canada**

The commission's goal is to help bring into being an integrated mental health system that places people living with mental illness at its centre. The commission chair is former Canadian senator Michael Kirby. [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

### **Psychosocial Rehabilitation/Readaptation Psychosociale (PSRRPS) Canada**

Psychosocial Rehabilitation (PSR) Réadaptation Psychosociale (RPS) Canada is an association of individuals and organizations committed to the provision and growth of psychosocial rehabilitation services to support the recovery of persons with serious mental health issues. The Association promotes psychosocial rehabilitation principles and the growth of psychosocial rehabilitation practices in Canada. [www.psrrpscanada.ca](http://www.psrrpscanada.ca)

### **Registered Psychiatric Nurses of Canada**

[www.rpnc.ca](http://www.rpnc.ca)

#### Note

This is not intended to be a complete listing of all resources in Canada but does provide a link to many national organizations. It is hoped that the reader can find additional resources by visiting the websites of interest. *Maureen*