

# Environmental Scan

## Resources for coping with and adjusting to dialysis

In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Albertans on dialysis.

We encourage you to see what is a good fit for you. In addition to using these resources, we encourage you to talk with your healthcare providers.



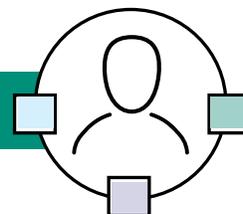
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Alberta Health Services for people living in Alberta, Canada. These documents were created to serve as an inventory of resources intended for online use. The links were last verified in December 2023.

# Information on Mental Health

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### INFORMATION ON MENTAL HEALTH

Resources that help explain what mental wellness and illnesses are, how to manage them, and where to find further help.

#### Information on Mental Wellness for People Living with Dialysis or Kidney Disease

Name of information resource	Brief description of resource	How can you access the information?
American Kidney Fund	Learn about the impact kidney disease has on maintaining your mental health.	<a href="#">Click here to access</a>
Kidney Foundation	Watch a webinar about living with chronic kidney disease and its impact on mental health.	<a href="#">Click here to access</a>
Kidney Research UK	Learn about kidney disease and hear from lived experiences on how to manage it.	<a href="#">Click here to access</a>
Life Options	Learn about kidney disease, how to live with it, and ways to feel your best.	<a href="#">Click here to access</a>
My Kidneys My Health	Discover information and tips on how to live with CKD.	<a href="#">Click here to access</a>
National Kidney Foundation	Information on numerous kidney-related topics. Learn about social determinants, living with the disease, and more.	<a href="#">Click here to access</a>
PsychoNephrology	Learn about kidney disease and how it affects mental health.	<a href="#">Click here to access</a>

#### General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
Anxiety & Depression Association of America	Learn about depression and ways to manage depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about depression tips</a> <a href="#">Click to learn about anxiety tips</a>
Anxiety Canada	Contains information about anxiety.	<a href="#">Click here to access</a>
Canadian Psychological Association	Find information and facts about depression.	<a href="#">Click here to access</a>
Depression, anxiety, & stress test	Read articles that provide information on depression, anxiety, and stress.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a> <a href="#">Click to learn about stress</a>
Depression Hurts	Discover the potential signs of depression from a holistic approach. Available in English, French, Chinese (simplified), and Punjabi.	<a href="#">Click here to access</a>
Depression in Older Adults - You are Not Alone!	Learn about depression in older adults: common symptoms, diagnosis, and treatment.	<a href="#">Click here to access</a>
eMentalHealth	Find information about depression and anxiety. Learn about symptoms, types, coping strategies, and more.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	<a href="#">Click here to access</a>

# Information on Mental Health

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<b>HeadsUpGuys</b>	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	<a href="#">Click here to access</a>
<b>Informed Choices About Depression</b>	Provides general information about depression and depression treatment.	<a href="#">Click here to access</a>
<b>Mayoclinic</b>	Get an overview of depression and more about the disorder.	<a href="#">Click here to access</a>
<b>MedlinePlus</b>	Find numerous pieces of information and topics related to depression.	<a href="#">Click here to access</a>
<b>Mood Disorders Society of Canada</b>	Find support resources and links for depression, bipolar disorder, anxiety, building resilience.	<a href="#">Click here to access</a>
<b>My Health Alberta</b>	Learn about depression, anxiety, general mental and behavioral health, and stress management.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a> <a href="#">Click to learn about stress management</a> <a href="#">Click to learn about mental and behavioural health</a>
<b>Students Against Depression</b>	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	<a href="#">Click here to access</a>
<b>The LifeLine Canada Foundation</b>	Find information relating to depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>

### General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
<b>eMentalHealth</b>	Learn about common mental health topics such as stress, sleep, self-compassion, and self-harm.	<a href="#">Click to learn about stress</a> <a href="#">Click to learn about sleep</a> <a href="#">Click to learn about self-compassion</a> <a href="#">Click to learn about self-harm</a>
<b>Government of Canada – Mental health counselling benefits for First Nations and Inuit</b>	Find information about receiving free counselling services from the Non-Insured Health Benefits (NIHB) program. For First Nations and Inuit people.	<a href="#">Click here to access</a>
<b>Government of Canada</b>	Find information on what mental health is and why it is important.	<a href="#">Click here to access</a>
<b>Government of Canada</b>	Services and general information related to mental health, contributed by the Public Health Agency of Canada and Health Canada.	<a href="#">Click here to access</a>
<b>Hong Fook Mental Health Association</b>	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	<a href="#">Click here to access</a>

# Information on Mental Health

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<b>Mental Health Commission of Canada</b>	Discover some common myths and misconceptions regarding mental health and mental health care.	<a href="#">Click here to access</a>
<b>Métis Nation of Alberta</b>	Assists people in finding low-cost services to promote wellness.	<a href="#">Click here to access</a>
<b>Multicultural Mental Health</b>	Find mental health resources and information in over 25 languages.	<a href="#">Click here to access</a>
<b>My Mental Health</b>	Learn about Mental Health First Aid (MHFA) and how to aid people in crisis.	<a href="#">Click here to access</a>
<b>Regional Support for Mental Health</b>	Find help in Alberta health zones.	<a href="#">Click here to access</a>
<b>Youth Mental Health Canada</b>	Learn about wellness, what it means to be well, and more.	<a href="#">Click here to access</a>

# Resources for your Self-care

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### RESOURCES FOR YOUR SELF-CARE

Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

#### Self-care tools specifically for People Living with Dialysis or Kidney Disease

Name of resource	Brief description of resource	How can you access the information?
<b>Davita Kidney Care</b>	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	<a href="#">Click here to access</a>
<b>Kidney Community Kitchen</b>	Find recipes and information on how to manage a renal diet.	<a href="#">Click here to access</a>
<b>Kidney Foundation of Canada</b>	Explore resources for managing kidney health, including tips on staying active with kidney disease and webinars covering various kidney health topics.	<a href="#">Click here for active living tips</a> <a href="#">Click here for kidney webinars</a>
<b>Kidney School</b>	Discover learning modules and audiobooks about kidney and kidney disease.	<a href="#">Click here to access</a>
<b>Kidney Wellness Hub</b>	Free online wellness resource hub for kidney patients. Includes resources on staying active, eating well, mental wellbeing, and socially connecting.	<a href="#">Click here to access</a>
<b>Living with Kidney Failure and Reduced Kidney Function</b>	Helps you learn how to live well with kidney failure (See Chapter 8). Chapter 6 of this book teaches you to live well with reduced kidney function.	<a href="#">Click for Living with Kidney Failure</a> <a href="#">Click for Living with Reduced Kidney Function</a>
<b>PKD Foundation of Canada</b>	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	<a href="#">Click here to access</a>

#### Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
<b>Antidepressant Skills Workbook</b>	Self-care workbook to help you manage low mood. Workbook available in English, French, Chinese, Farsi, Punjabi, and Vietnamese. Audio available for download in English and French.	<a href="#">Click here to access</a>
<b>Anxiety Canada</b>	Self-paced anxiety management program based on cognitive behavioural therapy (CBT).	<a href="#">Click here to access</a>
<b>Bridge the gapp</b>	Bridge the gapp Adult is an online resource designed to support mental wellness.	<a href="#">Click here to access</a>
<b>Centre for Clinical Interventions</b>	Find workbooks, information, and worksheets for both Depression and Anxiety	<a href="#">Click here for depression work material</a> <a href="#">Click here for anxiety work material</a>
<b>Change your Thinking: Overcome Stress, Anxiety, and Depression, and Improve your Life with CBT</b>	This book (3rd Edition; 2013) helps you to stay positive and prevent low moods.	<a href="#">Click here to access</a>

# Resources for your Self-care

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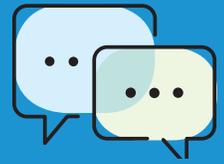
<b>Coping with Suicidal Thoughts</b>	Helps you deal with thoughts of harming yourself.	<a href="#">Click here to access</a>
<b>Depression Quest</b>	An interactive game where you play a character with depression. Meant to help show/ inform yourself and others that you are not alone and of the different options you can take.	<a href="#">Click here to access</a>
<b>Depression, anxiety, &amp; stress test</b>	Find techniques to manage depression, anxiety, and stress.	<a href="#">Click here for depression techniques</a> <a href="#">Click here for anxiety techniques</a> <a href="#">Click here for stress techniques</a>
<b>E-couch Social Anxiety Program</b>	Teaches about anxiety and how it can be managed.	<a href="#">Click here to access</a> Clients will have to register and purchase online.
<b>eMentalHealth</b>	Learn about what panic attacks are, why they happen, and tips to address them.	<a href="#">Click here to access</a>
<b>Kidney Foundation of Canada</b>	A self-care fact sheet that provides ways to manage and cope with depression.	<a href="#">Click here to access</a>
<b>Lumino Health</b>	Learn about stress and how to recognize and manage your emotions.	<a href="#">Click to learn about stress</a> <a href="#">Click to learn about managing emotions</a>
<b>MacAnxiety Research Centre Health Apps</b>	Suggests a list of apps for coping with anxiety and low moods.	<a href="#">Click here to access</a>
<b>MoodFx Depression and Anxiety Resources</b>	Helps you deal with anxiety and low moods (You will need to schedule an appointment)	<a href="#">Click here to access</a>
<b>Moodgym Self-care Workbook</b>	Learn to deal with anxiety and low moods.	<a href="#">Click here to access</a>
<b>Not Just Talk</b>	Find easy-to-read guides and audio recordings for both depression and anxiety.	<a href="#">Click here to access</a>
<b>Youth Mental Health Canada</b>	Learn about how to be compassionate to yourself. Also, how to reduce stress and manage it.	<a href="#">Click to learn about self-compassion</a> <a href="#">Click to learn about stress management</a>

### General Mental Health/Wellness Tools

<b>Name of resource</b>	<b>Brief description of resource</b>	<b>How can you access the information?</b>
<b>Alberta Health Services</b>	Find spiritual care services in your Zone (Alberta) and access spiritual health resources (such as a workbook)	<a href="#">Click here to access</a>
<b>Black Mental Health Canada</b>	Find free workshops and events that discuss mental health for the black communities in Canada.	<a href="#">Click here to access</a>
<b>Breathr App</b>	Provides easy and fun ways to practice mindfulness along with interesting facts about the benefits of mindfulness.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>Centre for Addiction and Mental Health</b>	20-minute course on mental health and depression. Learn about the basic definitions and key messages.	<a href="#">Click here for the mental health course</a> <a href="#">Click here for the depression course</a>

# Resources for your Self-care

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<b>CMHA National</b>	Take this stress questionnaire to see how elevated your stress might be.	<a href="#">Click here to access</a>
<b>Community Course: Making it Matter with Micro-Interventions</b>	Free 2-hour virtual course on coping skills and how you can support yourself through difficult times.	<a href="#">Click here to access</a>
<b>eMentalHealth</b>	Screening tools for self-compassion, happiness, anxiety, and depression. Should not be used as a substitute for a professional opinion.	<a href="#">Click here for the self-compassion tool</a> <a href="#">Click here for the happiness tool</a> <a href="#">Click here for the anxiety tool</a> <a href="#">Click here for the depression tool</a>
<b>eMentalHealth</b>	Learn about therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness. Different methods for self-care improvement.	<a href="#">Click here to learn about therapeutic tapping</a> <a href="#">Click here to learn about bilateral music for anxiety</a> <a href="#">Click to learn about Dialectical Behavioral Therapy</a> <a href="#">Click to learn about happiness strategies</a> <a href="#">Click to learn about grounding strategies</a>
<b>eMentalHealth</b>	A safety plan that contains a series of questions to help ground yourself and to stay safe.	<a href="#">Click here to access</a>
<b>Feeling Good</b>	Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience-building techniques to help improve positive feelings, self-esteem and self-confidence.	Available on App Store and Google Play.
<b>Getting Better My Way</b>	A free self-management tool. Answer a series of questions to help create your plan.	<a href="#">Click here to access</a>
<b>How to manage and reduce stress – Mental Health Foundation</b>	Information about stress and tips on how to manage it.	<a href="#">Click here to access</a>
<b>InsightTimer</b>	A wellness tool that promotes and provides free guided meditation.	Available on App Store and Google Play. <a href="#">Click here for web access</a>
<b>iSMART</b>	iSMART is an app that helps manage an individual's stress by monitoring triggers and providing stress-reducing actions.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>Lumino Health</b>	Provides information on meditation and gratitude journals. Discover why both are beneficial for self-care and mental health.	<a href="#">Click to learn about meditation</a> <a href="#">Click to learn about gratitude journals</a>
<b>Meditations – Chris Germer</b>	Download meditation audio files or written meditation instruction PDF files intended to promote mindful self-compassion.	<a href="#">Click here to access</a>
<b>Mental Healthy - F.i.T.</b>	Join this workshop to find the benefits of fostering mental wellness and also the danger signs. Workshop is virtual, 1 hour, and held on the 3rd Friday of each month at 1PM noon (MST).	<a href="#">Click here to access</a>

# Resources for your Self-care

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<b>MindBeacon</b>	Find 3 tips on learning to deal with uncertainty as well as 5 tips to help with regulating your mood.	<a href="#">Click here for uncertainty tips</a> <a href="#">Click here for mood regulation tips</a>
<b>Mindfulness Exercises</b>	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	<a href="#">Click here to access</a>
<b>Mindshift CBT App</b>	Learn how to relax, be mindful, and cope with anxiety using strategies based on cognitive behavioural therapy.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>Mind Your Mind</b>	Access mental health tips, interactive tools, and shared stories and experiences.	<a href="#">Click here for tips</a> <a href="#">Click here for interactive tools</a> <a href="#">Click here for stories and experiences</a>
<b>My Tools – Suicide.ca</b>	Discover tools to take care of your mental health. Tools for taking action, calming down, and more.	<a href="#">Click here to access</a>
<b>National Institutes of Health</b>	Utilize the emotional wellness toolkit to help manage emotions, reduce stress, and cope with loss. Also information on sleep and mindfulness.	<a href="#">Click here to access</a>
<b>North Simcoe Muskoka Self-Management Program</b>	Free 6-week self-management workshops to help those living with health conditions. Offered in English and French.	<a href="#">Click here to access</a>
<b>Now Matters Now</b>	Video-based website sharing the stories of others and how they survived difficult experiences. Also includes mental health worksheets, safety plans, and other tips and tools.	<a href="#">Click here to access</a>
<b>PsychHealthandSafety</b>	Self-care workbook that can help you learn to cope with health problems.	<a href="#">Click here to access</a>
<b>Safety Plan Guide</b>	Safety plan workbook to help you manage suicidal thoughts and urges.	<a href="#">Click here to access</a>
<b>Self-Compassion</b>	Self-compassion website that provides information on how to get started and some guided meditations.	<a href="#">Click here to access</a>
<b>The LifeLine Canada Foundation</b>	Learn about coping and what unhealthy and healthy coping looks like.	<a href="#">Click here to access</a>
<b>TogetherWell</b>	Register for Wellness Wednesdays, a weekly workshop on how to care for your mental health.	<a href="#">Click here to access</a>
<b>Youth Mental Health Canada</b>	YMHC provides compassion and messages of support. You can subscribe for daily compassionate messages or you can sign up to get a compassion card.	<a href="#">Click here for compassion cards</a> <a href="#">Click here for compassion cards (Indigenous)</a> <a href="#">Click here for daily compassion messages</a>

# In-person & Live Online Services

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### IN-PERSON & LIVE ONLINE SERVICES

Peer support groups, volunteer provided services, healthcare professional services, and referral services.

#### Peer Support Groups

Name of Resource	Brief description of resource	How can you access the information?
<b>Kidney Connect (Online Support Group)</b>	Online Support Group: Talk to people living with kidney disease and learn about how they deal with the disease.	<a href="#">Click here for more information</a>
<b>Kidney Foundation of Canada</b>	Request individualized peer support or access online and in-person support and engagement groups. Speak with trained volunteers who have similar life experiences about what to expect when coping and learning to live with a kidney disease diagnosis.	<a href="#">Click here for more information</a>
<b>Togetherall (Online Support Network)</b>	Online Support Network: Supports people living with kidney disease to talk to peers and improve their well-being.	<a href="#">Click here for more information</a>
<b>Wellness Network</b>	Peer Navigators: Use the help of peers to assist people in searching for services they need.	<a href="#">Click here for more information</a>
<b>Wellness Together Canada</b>	Access communities of support for mental health online, over the phone, or via Zoom.	<a href="#">Click here for more information</a>

#### Services Provided by Trained Volunteers

Name of Resource	Brief description of resource	How can you access the information?
<b>7 Cups</b>	Free 24/7 listening and support chat.	<a href="#">Click here to register and for more information</a>
<b>Canadian Red Cross</b>	Program matching adults with a trained listener for regular check-ins, emotional support, and suggestions for other well-being strategies and resources. Register by phone (available from 9am to 5pm weekdays) or online.	Call: 1 833 979-9779 <a href="#">Click here to register and for more information</a>
<b>Certified Listeners Society</b>	Free emotional support chat service. Fill out your age, gender, urgency, and email address to request a chat. 12PM to 3AM EST.	<a href="#">Click here to register and for more information</a>
<b>Naseeha</b>	A Muslim mental health helpline. Provides confidential, spiritual, and culturally competent support.	Call or text: 1 866 627-3342 <a href="#">Click here for more information</a>
<b>Nisa Helpline</b>	Helpline for Muslim women. Provides emotional and mental health support. 10AM - 10PM EST. Also provides 3 free counseling services.	Call: 1 888 315-6472 <a href="#">Click here for more information</a>

# In-person & Live Online Services

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### Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
<b>Access 24/7 - One Door YEG (Edmonton)</b>	Mental Health services: Offers face-to-face assessment and help for people in crisis.	Call: 780 424-2424 <a href="#">Click here to for more information</a>
<b>Addiction and Mental Health Services</b>	Mental Health Case Management: provides short- and long-term services for people who need to see the psychiatric care team.	Call: 1-877-303-2642 <a href="#">Click here to for more information</a>
<b>AHS Primary Care Network, Community Addiction and Mental Health</b>	Centralized access: Helps people in rural areas quickly access the best service for them.	Call: 403 340-5466
<b>BounceBack</b>	Services include a trained coach who can provide up to six sessions and access to self-help materials such as workbooks, activities, and videos.	<a href="#">Click here to register and for more information</a>
<b>EaseCare - Mental Health Matters</b>	Free services: Helps people access the services they need to improve their well-being. Trained doctors attend to people from their homes.	Call: 587 338-8442 <a href="#">Click here to for more information</a>
<b>Sage Seniors Association (Edmonton)</b>	Free Drop-In Counselling: Gives free one-time counseling to people. Walk-ins are accepted.	Call: 780 423-5510 <a href="#">Click here to for more information</a>

### Referral Services

Name of resource	Brief description of resource	How can you access the information?
<b>211</b>	Information and referral service for social and community services. Support available in multiple languages. Available 24/7	Call: 211 <a href="#">Click here to for more information</a>

# Regional and Crisis Resources

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### Nationwide Resources

#### Telephone resources that can be accessed nationally

Name of resource	Brief description of resource	How can you access the information?
<b>Hope for Wellness Helpline</b>	National phone or online chat available 24/7 to all Indigenous Peoples across Canada. Available in English and French. Support in Cree, Ojibway, and Inuktitut available by request.	Call: 1 855 242-3310 <a href="#">Click here for online chat and for more information</a>
<b>talk suicide Canada</b>	Bilingual crisis and suicide intervention services. Phone line available 24/7. Text line available from 4pm to midnight Eastern time (ET).	Call: 988 Text: 988 <a href="#">Click here for more information</a>
<b>Wellness Together Canada</b>	24/7 textline for adults in distress or crisis	Text “WELLNESS” to 741741 (EN) Text “MIEUX” to 741741 (FR) <a href="#">Click here for more information</a>
<b>Youthspace</b>	Crisis and emotional support. 6PM to Midnight (PST), 365 days a year for people 30 and under. Also live chat support.	Text 778 783-0177 <a href="#">Click here for online chat and for more information</a>

### Provincial Crisis Resources

#### Telephone resources for care across Alberta

Name of resource	Brief description of resource	How can you access the information?
<b>Canadian Mental Health Association (CMHA) - Edmonton Region</b>	Helpline and online chat support for people in crisis and living in Edmonton & Northern Alberta.	1-800-232-7288 (24 hours) or (780) 482-4357 (HELP) <a href="#">Click here for online chat and for more information</a>
<b>Distress and Suicide Prevention Line of Southwestern Alberta</b>	Helpline for people in crisis living in Chinook health region & South Calgary region.	Call (24 hours): 1-888-787-2880 (toll free) or 403 327-7905
<b>Distress Centre Calgary</b>	Helpline and online chat support for people in crisis living in Calgary and surrounding areas.	Call: 403 266-4357 (24 hours) <a href="#">Click here for online chat and for more information</a>
<b>Dr. Margaret Savage Crisis Centre</b>	Helpline for people in crisis living in Lakeland Region.	Call: 1-866-594-0533 (24 hours) or 780 594-3353
<b>Some Other Solutions Society for Crisis Prevention</b>	Helpline for people in crisis living in Fort McMurray & Northeastern Alberta.	Call: 1-800-565-3801 (24 hours) or 780 743-4357
<b>St. Paul and District Crisis Association</b>	Helpline for people in crisis living in Alberta & Northeastern Saskatchewan.	Call (24 hours): 780 645-5195 or 1-800-263-3045 (toll free)
<b>Suicide Hotlines</b>	Helplines for clients with thoughts of harming themselves.	Call: 780 482-4357 (HELP) or 1-877-303-2642 (toll free) or 1-800-SUICIDE (1-800-784-2433) or 811 (to find advice)

# Regional and Crisis Resources

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<b>Trans persons</b>	24/7 peer-support hotline. They provide support for those struggling with gender identity and thoughts of self-harm. Counseling hours are subject to volunteer availability.	Call: 1-877-330-6366
<b>Wheatland Shelter Society</b>	Helpline for people in crisis and living in Strathmore and surrounding area.	Call (24 hours): 1-877-934-6634 or 403 934-6634

Special thanks to Alberta Kidney Section, Medicine SCN<sup>TM</sup>, Alberta Health Services for supporting the creation of this document.



Together, let's build a people-centred healthcare system for everyone.  
 Learn more at: [healthyqol.com/kidney](http://healthyqol.com/kidney)  
 and find additional resources.

Further thanks to those who provided feedback on earlier drafts of this document.