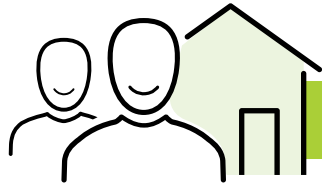


Environmental Scan

Resources for coping with and adjusting to dialysis

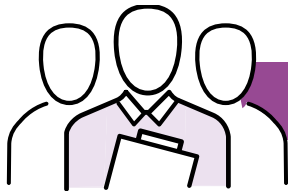
In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Manitobans on dialysis.

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.



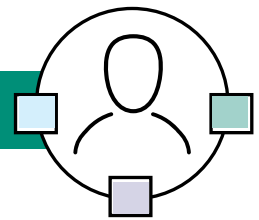
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Manitoba Health Care for people living in Manitoba, Canada.

The links were last verified in February 2022.

Information on Mental Health

Environmental Scan



INFORMATION ON MENTAL HEALTH

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?
PsychoNephrology	Website dedicated to the psycho-social impact of kidney disease, aimed at patients, care givers and healthcare professionals.	Go online: https://psychonephrology.com

General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
The Antidepressant Skills Workbook	Explains how you can manage low mood. Available in English, French, Chinese, Punjabi, Vietnamese, Farsi.	Go online: https://psychhealthandsafety.org/asw
Mood Disorders Association of Manitoba: Depression	Information on types of depression, symptoms, risk factors, treatment and support resources.	Go online: http://www.mooddordersmanitoba.ca/resources/depression/

General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
BounceBack	Cognitive Behaviour Therapy (CBT) based materials over the phone with a trained coach for free.	Complete the online self referral form: https://bounceback.inputhealth.com/ereferral#patient or call: 1-888-547-5575 from Monday-Friday 8AM-8PM and weekends/holidays 9AM-5PM
Canadian Mental Health Association: Understanding Mental Illness	Information about anxiety disorders, depression and bipolar disorder, eating disorders, getting help, grieving, mental illnesses, mental illnesses in the workplace, myths about mental illness etc.	Go online: https://mbwpg.cmha.ca/document-category/understanding-mental-illness/
Indigenous Cultural Healing Supports During COVID-19	A guide for mental resources including counselling, crisis services, and support for indigenous people.	Go online: https://sharedhealthmb.ca/files/indigenous-cultural-healing-supports-during-covid-19.pdf
Living Healthy Chaplain	This website includes webinars, coaching, and resources for those living with chronic health conditions.	Go online: https://www.livinghealthychaplain.ca/

Information on Mental Health

Environmental Scan



Mental Health Education Resource Centre	Find information on mental health, self help, support, recovery, grieving, spirituality, and peer support.	Go online: https://mherc.mb.ca/resources/
Mental Health Virtual Therapy- AbilitiCBT	A free digital therapy program, available to all residents of Manitoba age 16 or older experiencing mild to moderate symptoms of anxiety due to the pandemic. Available in English and French.	Go online: https://manitoba.abiliticbt.com/signup
Mood Disorders Association of Manitoba	Information on a variety of mental health topics, including symptoms and support resources.	Go online: www.mooddisordersmanitoba.ca or register online: https://www.surveymonkey.com/r/WPQLZSZ or call: 204-786-0987
Mood Gym	An interactive self-help book to help you learn and practise skills to prevent and manage symptoms of depression and anxiety.	Go online: https://moodgym.com.au/
North Simcoe Muskoka: Self-Management Program	Free self-management and empowerment workshops for individuals living with long-term health conditions.	Go online: https://www.nsmselfmanagement.ca/workshops-for-people-with-health-conditions
Reason to Live	Information on coping with suicidal thoughts & provides safety plan templates.	Go online: http://reasontolive.ca/ or access PDF here: http://reasontolive.ca/wp-content/uploads/2016/05/Coping-with-Suicidal-Thoughts.pdf
Shared Health - Mental Health and Wellness Resource Finder	Find mental health, wellness and addictions supports and resources for you and those you care about.	Go online: https://sharedhealthmb.ca/services/mental-health/mental-health-and-wellness-resource-finder/
Supporting a Loved One	Provides information on supporting a loved one and what to do in a crisis.	Go online: https://mbwpg.cmha.ca/documents/supporting-a-loved-one/

Resources for your Self-care

Environmental Scan



RESOURCES FOR YOUR SELF-CARE

Resources Specifically for People Living with Kidney Disease

Name of resource	Brief description of resource	How can you access the resource?
Can-SOLVE CKD	Online modules to introduce individuals to kidney research resources in Canada.	Go online: https://cansolveckd.ca/learning-tree To access the online modules, select “patient partner” at registration
Kidney Foundation: Taking Care of Your Mental Wellness	Summary of resources for taking care of your mental health and wellness.	Go online: https://kidney.ca/KFOC/media/images/PDFs/Mental-Wellness-Resources-ENG-Jan-25-2022.pdf
Living with Kidney Failure	Helps you learn how to live well with kidney failure (See Chapter 8)	Go online: https://kidney.ca/Support/Resources/Living-With-Kidney-Failure
Living with Reduced Kidney Function	Chapter 6 of this book teaches you to live well with reduced kidney function.	Go online: https://kidney.ca/Support/Resources/Living-with-Reduced-Kidney-Function
Medical Education Institute	Helps you learn how to adjust to dialysis and live well. Module 5 focuses on coping with kidney disease.	Go online: https://www.kidneyschool.org/mods/ Module 5: https://www.kidneyschool.org/m05/
Positive Coping with Health Conditions	This workbook helps people to deal with health problems.	Go online: https://psychhealthandsafety.org/pcwhc

Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the resource?
Antidepressant Skills Workbook	The book shows you how to train your mind to prevent low moods.	Go online: https://psychhealthandsafety.org/asw/
Anxiety Canada My Anxiety Plan (MAP)	Provides guidance to deal with anxiety.	Go online: https://maps.anxietycanada.com/en/courses/my-anxiety-plan-map-for-adults/
Anxiety Disorders Association of Manitoba: Anxiety (ADAM)	Information on anxiety and panic disorders, Phobias, Obsessive Compulsive Disorder, Agoraphobia, and Hoarding Disorder. 9AM-9PM on weekdays & 10AM-4PM weekends; leave a voicemail and an ADAM worker will get in touch with you soon.	Go online: https://www.adam.mb.ca/about-anxiety or call: 1-204-925-0600, or email: adam@adam.mb.ca
Bridge the gapp	Bridge the gapp Adult is an online resource designed to support mental wellness.	Go online: https://www.bridgethegapp.ca/

Resources for your Self-care

Environmental Scan



Change your Thinking: Overcome Stress, Anxiety, and Depression, and Improve your Life with CBT	This book (3rd Edition; 2013) helps you to stay positive and prevent low moods.	Go online: https://www.amazon.ca/Change-Your-Thinking-Overcome-Depression/dp/1600940528
Coping with Suicidal Thoughts	Helps you deal with thoughts of harming yourself.	Go online: https://d3mh72lnfrpe6.cloudfront.net/wp-content/uploads/2018/06/26212058/cwst.pdf
E-couch Social Anxiety Program	Teaches about anxiety and how it can be managed.	Go online: https://ecouch.com.au/ Clients will have to register and purchase online.
Moodgym Self-care Workbook	Learn to deal with anxiety and low moods.	Go online: https://moodgym.com.au/
MoodFx Depression and Anxiety Resources	Helps you deal with anxiety and low moods (You will need to schedule an appointment).	Go online: https://www.moodfx.ca/

Mental Health Apps

Name of information resource	Brief description of resource	How can you access the information?
Breathr	Breathr provides easy and fun ways to practice mindfulness along with interesting facts about the benefits of mindfulness.	Available on the App Store and Google Play
Calm	Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus.	Available on the App Store and Google Play
Calm in the Storm	An app for coping with the stresses of life. Can create a safety plan, customize your experience, learn how to identify and manage your stress, receive personalized recommendations and listen to audio relief sessions.	Available on the App Store

Resources for your Self-care

Environmental Scan



Feeling Good	Feeling Good uses relaxation, cognitive behavioural therapy (CBT) and resilience building techniques to help improve positive feelings, self-esteem and self-confidence.	Available on the App Store and Google Play
MacAnxiety Research Centre Health Apps	Suggests a list of apps for coping with anxiety and low moods.	Go online: https://www.macanxiety.com/anxiety-apps/
MindShift	MindShift is an app to help you manage your anxiety and stress using a cognitive behavioural therapy (CBT) approach.	Go online: https://www.anxietycanada.com/resources/mind-shift-cbt/ Available on the App Store and Google Play
Mood	Mind your Mood is an easy-to-use app that allows you to track your moods, help you understand your ups and downs and see the bigger picture of your emotional health.	Available on the App Store and Google Play
MoodMission	MoodMission helps you learn ways of coping with low mood and anxiety. Tell the app how you're feeling and get a tailored list of 5 Missions to help you feel better. Missions are activities and mental health strategies that are quick, easy, and backed up by scientific evidence.	Available on the App Store and Google Play
What's Up?	What's Up? can help you cope with anxiety, stress and feelings of depression. It has interactive games, forums, thought tracking diaries and helpful techniques to manage your feelings.	Available on the App Store and Google Play

In-person & Live Online Services

Environmental Scan



IN-PERSON & LIVE ONLINE SERVICES

Peer Support Groups

Name of service	Brief description of service	How can you access the service?
Anxiety Disorders Association of Manitoba: Anxiety and Worry Support Program	A free seven-week support program, provided online via Zoom with a telephone option. Uses evidenced based Cognitive Behavioural Therapy practices.	Go online: https://www.adam.mb.ca/programs/anxiety-and-worry-support-program or email: adam@adam.mb.ca or call: 204-925-0600
Anxiety Disorders Association of Manitoba: Peer Support	These sessions focus on building practical tools helpful for the management of anxiety symptoms.	Go online: https://www.adam.mb.ca/programs/peer-support or call: 204-925-0040
Friendly Caller Program	Put phone line volunteers in touch with anyone who needs help. Callers and volunteers will be coordinated so that those who sign up receive a call once a week for a mental health check in and a friendly chat	For more information, or to sign up, Call: 204-560-1461 or toll-free: 1-800-263-1460 Friendly Caller Red Cross Call: 1-204-583-6285 or 1-866-685-4250 or email: friendlycallingmb@redcross.ca
Kidney Connect: Online community	A place where people living with - and affected by - kidney disease can connect for information and support.	Go online: https://kidney.ning.com/main/authorization/signIn
Kidney Connect: Peer-to-Peer Phone	Talk to people living with kidney disease and learn about how they deal with the disease.	Go online: https://kidney.ca/Support/Peer-Support or call: 1-866-390-PEER (7337)
Men's Peer Support Group	Online Support Network: Every Monday 12:00PM- 1:00PM	Go online: http://www.moordisordersmanitoba.ca/services/
Mixed Peer Support Group	Online Support Network: Every Monday 6:30PM- 7:30PM Every Saturday 1:30PM- 2:30PM	Go online: http://www.moordisordersmanitoba.ca/services/
Mood Disorders Association of Manitoba	Online support network. Visit www.moordisordersmanitoba.ca for more details.	Register online: www.surveymonkey.com/r/WPQLZSZ or call: 204-786-0987
Parkland Suicide Bereavement Support Group	Held once a month in Dauphin.	For more information call: 204-622-6224 or email: discoverlife4you@gmail.com

In-person & Live Online Services

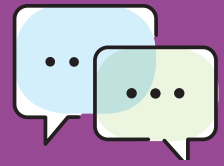
Environmental Scan



Peer Support and Services in the Westman	Online Support Network. Monday evenings from 6:30PM-8:00PM	To receive the link to this group call: Text Marian at 204-721-2714 or email: westman@moodmb.ca or email: corib@moodmb.ca
Suicide Bereavement Support Groups	Brandon and Area Suicide Bereavement Support Group.	Go online: http://www.spinbrandon.ca/ for more details. or call: 204-761-4083 or email: brandonareaSBSG@gmail.com
Westman Men's Exchange	Discuss news about your community, your interests, and general connection and camaraderie. Thursday 1:30PM-3:00PM	For more information or to register for free email: westman@moodmb.ca or brentr@moodmb.ca or call: 204-721-2174
Womens Programming	Provide education, assistance, coping techniques, and support for women struggling with mental health issues.	Call: 204-560-1461 or toll-free: 1-800-263-1460
Women's Wellness	A value-based recovery and self care management group. Wednesdays 7:30PM-8:30PM	To register, email: corib@moodmb.ca
Soul Sister	Build open, honest, heartfelt connections and conversations. Tuesdays and Wednesdays 7:00PM-8:00PM	To receive the link to this group call or text Marian at 3204-721-2714 For more information or to register email: susans@moodmb.ca or westman@moodmb.ca
The Unloading Zone	Manitobans can book a time to speak to a Peer Support Worker one-on-one in their area by contacting.	Email: In Winnipeg: winnipeg@moodmb.ca In the Eastman Region: eastman@moodmb.ca In the Central Region: central@moodmb.ca In the Interlake Region: interlake@moodmb.ca In the Parkland Region: parkland@moodmb.ca In the Northern Region: norrman@moodmb.ca Indigenous Peer Support: indigenous@moodmb.ca
Central Hangout Peer Support Group	This is an open group available for anyone living in the Portage La Prairie, Altona, Carmen and surrounding area. Every Wednesday 7:30PM - 8:30PM	Go online: http://www.mooddordersmanitoba.ca/regions/Central/

In-person & Live Online Services

Environmental Scan



In-person Services Provided by Healthcare Professionals

Name of service	Brief description of service	How can you access the service?
Manitoba Psychological Society	Find a psychologist by using the filter to find a clinician of the Manitoba Psychological Society.	Go online: https://mps1.wildapricot.org/
Psychology Today	Enter city or postal code for list of therapists, online therapists, treatment centres, & supports groups in Manitoba.	Go online: https://www.psychologytoday.com/ca/therapists/manitoba

Regional and Crisis Resources

Environmental Scan



Provincial Crisis Resources

Telephone resources for care across Manitoba

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
Farm & Rural Stress Line	Available 24/7	Call: 1-866-367-3276
Klinic Crisis Line	Available 24/7	Call: 204-786-8686 or toll-free: 1-888-322-3019 or text-based for hearing impaired (TTY): 204-784-4097
Manitoba Suicide Prevention & Support Line	Available 24/7	Toll-free 1-877-HELP170 (1-877-435-7170)
Sexual Assault Crisis Line	Available 24/7	Call: 204-786-8631 or toll-free: 1-888-292-7565

Provincial Support and Distress Lines

Telephone resources for care across Manitoba

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
24-Hours Confidential Physician and Family Support Line:	Provides support and resources. Available 24/7	Call: 1-844-436-2762
First Nations & Inuit Hope for Wellness Help Line	Available 24/7, offering counseling and crisis intervention.	Call toll-free: 1-885-242-3310 or connect to the online chat at www.hopeforwellness.ca
Support & Distress Line	Critical incident reporting and support line (Available 24/7)	Call: 204-788-8222 or toll-free: 1-866-367-3276

Interlake-Eastern Regional Health Authority Mental Health Resources

Online and telephone resources for support and distress services

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
Community Mental Health Intake	Intake service.	Call: 204-785-7752 or 1-866-757-6205
Interlake-Eastern Regional Health Authority: Mental Health	Information on self care, Wellness Support Response Directory, guides, apps and E-books on mental health.	Go online: https://www.ierha.ca/default.aspx?cid=13360&lang=1

Regional and Crisis Resources

Environmental Scan



Crisis Support Services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Crisis Line	24 Hour	Call: 204-482-5419 or 1-866-427-8628
Crisis Stabilization Unit	Distress service.	Call: 204-482-5361 or 1-888-482-5361
Mobile Crisis Services	2:00PM- 2:00AM	Call: 204-482-5376 or 1-877-499-8770

Northern Health Region Mental Health Resources

Online and telephone resources for support and distress services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Canadian Mental Health Association (Thompson)	Advocacy and Way-finding: Cares for the needs and concerns of people living with challenges to their well-being.	Go online: https://thompson.cmha.ca/ or call: 204-677-6050 or e-mail: regional@cmhathompson.ca
Flin Flon Community Mental Health Intake	Weekdays 8:30AM-4:30PM	Call: 204-687-1350
Northern Health Region Public Education and Resources	Various Youtube videos on promoting mental wellness.	Mindful Movement Moment- Introduction: https://www.youtube.com/watch?v=IceMIuVX6i-U&t=7s Resiliency in Challenging Times: https://www.youtube.com/watch?v=1LEzq7-yae-w&t=16s Mental Wellness: https://www.youtube.com/watch?v=-B0YHryRvm3s&t=12s
Thompson Community Mental Health Intake	Monday to Friday 8:30AM-4:30PM	Call: 204-677-5350
The Pas Community Mental Health Intake	Monday to Friday 8:30AM-4:30PM	Call: 204-623-9650
The Pas Health Complex after hours	Weekends 4:30PM-8:30AM	Call: 204-623-6431

Regional and Crisis Resources

Environmental Scan



Crisis Support Services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Hope North Crisis Response	Monday to Friday 8:30AM-4:30PM	Call: 204-778-9977

Prairie Mountain Mental Health Resources

Online and telephone resources for support and distress services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Canadian Mental Health Association Manitoba Central (Portage)	Advocacy and Way-finding: cares for the needs and concerns of people living with challenges to their well-being.	Call: 204-239-6590
Mental Health Intake Dauphin	Intake service.	Call: 204-638-2118
Mental Health Intake Roblin	Intake service.	Call: 204-937-2151
Mental Health Intake Ste. Rose du Lac	Intake service.	Call: 204-447-4080
Mental Health Intake Swan River	Intake service.	Call: 204-734-6601
Prairie Mountain Health Mental Health Services Access Guide	Crisis and intake (access) services.	Go online: https://www.prairiemountainhealth.ca/images/Mental_Health/MH_SERVICES_ACCESS_GUIDE.pdf
South Adult Community Mental Health Intake	Monday to Friday 8:30AM - 4:30PM	Call: 1-855-222-6011

Crisis Support Services

Name of service	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
Adult Crisis Line	Available 24/7	Call: 1-888-379-7699
Dauphin urgent adult crisis line (North District)	Distress service.	Call: 1-866-332-3030
South Crisis Stabilization Unit	Distress service.	Call: 1-855-222-6011 or 204-727-2555
South Mobile Crisis Services	Distress service.	Call: 204-725-4411

Regional and Crisis Resources

Environmental Scan



Southern Health-Santé Sud Mental Health Resources

Online and telephone resources for support and distress services

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
Canadian Mental Health Association Parkland (Swan River)	Advocacy and Way-finding: cares for the needs and concerns of people living with challenges to their well-being.	Call: 204-734-2734 or e-mail: reception@cmhaswanvalley.ca
Community Mental Health services	Provides counselling, education and referral services	Call: 1-888-310-4593
Southern Health: Find a Service Mental Health	Information on mental health access, mental health crisis, suicide prevention and frequently asked questions	Go online: https://www.southernhealth.ca/en/finding-care/find-a-service/mental-health/
Suicide Prevention and Response Resource Handbook	Handbook gives information on risk factors and signs of suicide, coping and selfcare following a suicide, and local resources and contacts available.	Go online: https://www.southernhealth.ca/assets/Finding-Care/Suicide-Prevention-Handbook.pdf
Wellness Support Line	A confidential number anyone can call to speak with a Mental Health Clinician. Monday-Friday 8AM-5PM	Steinbach: 204-346-7038 Portage la Prairie: 204-239-2332 Winkler: 204-325-6585

Crisis Support Services

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
Crisis Services Number	Distress service	Call: 1-888-617-7715

Winnipeg Regional Health Authority Mental Health Resources

Online and telephone resources for support and distress services

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
Adult Community Mental Health Intake	Intake service.	Call: 204-788-8330
Canadian Mental Health Association Manitoba and Winnipeg	Advocacy and Way-finding: Cares for the needs and concerns of people living with challenges to their well-being.	Go online: mbwpg.cmha.ca/ or call: 204-982-6100

Regional and Crisis Resources

Environmental Scan



Community Mental Health Services	Information accessing community mental health services.	Go online: https://wrha.mb.ca/mental-health/community-services/
Churchill Health Centre	Health centre resource.	Call: 204-675-8881
Churchill Hospital General Ward	Intake service.	Call: 204-675-8322
Geriatric Mental Health Team	Provides in home/community assessments and care for clients over the age of 65.	Complete online referral form: https://wrha.mb.ca/geriatric-mental-health/ or call: 204-982-0140
Klinik Community Health 167 Sherbrook St. Winnipeg, MB, R3C 2B7	Provides mental health services from medical care to counselling, support groups, and education. Drop-in counselling available	Drop-In Counselling Info Line: 204-784-4067 Call: 204-784-4090 or email: klinik@klinik.mb.ca Counselling Intake: 204-784-4059 or email: counsellingintake@klinik.mb.ca
Mental Health Resource Guide for Winnipeg	Gives information on resources available to help you navigate the mental health system in Winnipeg	Go online: https://mbwpg.cmha.ca/wp-content/uploads/2017/11/MHRG_ALL_2020.pdf
Sara Riel-Seneca Respite	Community-based mental health support. Their phone line is available 24/7.	Call: 204-231-0217
Seneca Mental Health Warm Line	7PM-11PM daily	Go online: www.sararielinc.com or call: 204-942-9276

Crisis Support Services

Name of service	Brief description of resource/service	How can you access the helpline, crisis line or on-line chat?
Adult Mobile Crisis Service	Available 24/7	Call: 204-940-1781 or TTY Deaf Access Line: 204-779-8902
Crisis Response Centre	Distress service.	Call: 204-940-1781
Crisis Stabilization Unit	Distress service.	Call: 204-940-3633

Regional and Crisis Resources

Environmental Scan



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



Together, let's build a people-centred healthcare system for everyone.

Learn more at: <https://www.healthyqol.com/>
and find additional resources.