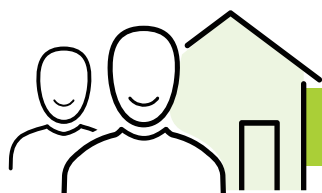


# Environmental Scan

## 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 New Brunswickers 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.



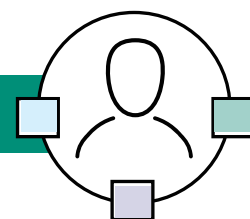
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Vitalité/Horizon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

## Environmental Scan



### 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?
Fondation du rein ("Kidney Foundation")	Watch a webinar about living with chronic kidney disease and its impact on mental health.	<a href="#">Click here to access</a>
Fondation nationale du rein ("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>
Fonds américain du rein ("American Kidney Fund")	Learn about the impact kidney disease has on maintaining your mental health.	<a href="#">Click here to access</a>
Mes reins Ma santé ("My Kidneys My Health")	Discover information and tips on how to live with CKD.	<a href="#">Click here to access</a>
Options de vie ("Life Options")	Learn about kidney disease, how to live with it, and ways to feel your best.	<a href="#">Click here to access</a>
Psychonéphrologie ("PsychoNephrology")	Learn about kidney disease and how it affects mental health.	<a href="#">Click here to access</a>
Recherche rénale Royaume-Uni "Kidney Research UK"	Learn about kidney disease and hear from lived experiences on how to manage it.	<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?
Anxiété Canada ("Anxiety Canada")	Contains information about anxiety.	<a href="#">Click here to access</a>
Association américaine d'anxiété et de dépression ("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>
Choix éclairés en matière de dépression ("Depression Informed Choices")	Find information on depression, common symptoms, treatment types, and more.	<a href="#">Click here to access*</a>
CMHA New Brunswick Mind.Yourself.Matters.	Find educational videos on different mental well-being topics.	<a href="#">Click here to access</a>
eSantéMentale ("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>
Étudiants contre la dépression ("Students Against Depression")	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	<a href="#">Click here to access</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

## Environmental Scan



La dépression fait mal ("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>
La Fondation LifeLine Canada ("The LifeLine Canada Foundation")	Find information relating to depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
La tête haute les gars "Heads Up Guys"	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	<a href="#">Click here to access</a>
Mayoclinic	Get an overview of depression and more about the disorder.	<a href="#">Click here to access</a>
MedlinePlus	Find numerous pieces of information and topics related to depression.	<a href="#">Click here to access</a>
Société canadienne de psychologie ("Canadian Psychological Association")	Find information and facts about depression.	<a href="#">Click here to access</a>
Société pour les troubles de l'humeur du Canada ("Mood Disorders Society of Canada")	Find support resources and links for depression, bipolar disorder, anxiety, and building resilience.	<a href="#">Click here to access</a>

### General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
Association pour la santé mentale Hong Fook ("Hong Fook Mental Health Association")	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	<a href="#">Click here to access</a>
CMHA New Brunswick	Find local events being held, mental health brochures on different topics, and mental health webinars.	<a href="#">Click here for webinars</a> <a href="#">Click here for mental health brochures</a> <a href="#">Click here for events</a>
Commission de la santé mentale du Canada ("Mental Health Commission of Canada")	Discover some common myths and misconceptions regarding mental health and mental health care.	<a href="#">Click here to access</a>
ConnectFredericton	Find the contact information for The Kidney Foundation of Canada, Atlantic Branch New Brunswick	<a href="#">Click here to access</a>
eSantéMentale ("eMentalHealth")	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>
Gouvernement du Canada ("Government of Canada")	Find information on what mental health is and why it is important.	<a href="#">Click here to access</a>
Gouvernement du Canada ("Government of Canada")	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>

# Information on Mental Health

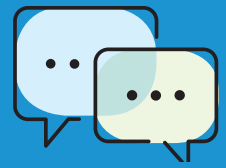
## Environmental Scan



<b>Gouvernement du New Brunswick</b> (“Government of New Brunswick”)	Find the addiction and mental health offices/ centers located in each zone.	<a href="#">Click here to access</a>
<b>La santé mentale pour la vie</b> (“Mental Health for Life”)	Learn about different well-being techniques for building healthy self-esteem, creating positive support networks, building resilience, recognizing your emotions, and more.	<a href="#">Click here to access</a>
<b>Le Mouvement du mieux-être</b> (“The Wellness Movement”)	Read about wellness, what it looks like in different environments, and more.	<a href="#">Click here to access</a>
<b>Ma Santé Mentale</b> (“My Mental Health”)	Learn about Mental Health First Aid (MHFA) and how to aid people in crisis.	<a href="#">Click here to access</a>
<b>Santé mentale des jeunes Canada</b> (“Youth Mental Health Canada”)	Learn about wellness, what it means to be well, and more.	<a href="#">Click here to access</a>
<b>Santé mentale multiculturelle</b> (“Multicultural Mental Health”)	Find mental health resources and information in over 25 languages.	<a href="#">Click here to access</a>

# Resources for your Self-care

## Environmental Scan



### 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?
Cuisine communautaire du rein (“Kidney Community Kitchen”)	Find recipes and information on how to manage a renal diet.	<a href="#">Click here to access</a>
Dialysis (Nephrology) – Horizon Health Network	An introduction to dialysis and what to expect.	<a href="#">Click here to access</a>
École du rein (“Kidney School”)	Discover learning modules and audiobooks about kidney and kidney disease.	<a href="#">Click here to access</a>
Fondation canadienne PKD (“PKD Foundation of Canada”)	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	<a href="#">Click here to access</a>
Fondation du rein du Canada (“Kidney Foundation of Canada”)	Information and tools to help manage kidney health. Read about how to stay active while managing and living with kidney disease, browse webinars on various kidney health topics, or review handbooks about living with kidney disease.	<a href="#">Click here for active living tips</a> <a href="#">Click here for kidney webinars</a> <a href="#">Click for the (“Living with Kidney Failure”) handbook</a> <a href="#">Click here for the (“Living with Reduced Kidney Function”) handbook</a>
Soins rénaux Davita (“Davita Kidney Care”)	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	<a href="#">Click here to access</a>

#### Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
Antidepressant Skills Workbook	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>
Anxiété Canada (“Anxiety Canada”)	Self-paced anxiety management program based on cognitive behavioural therapy (CBT).	<a href="#">Click here to access</a>
Centre d'interventions cliniques (“Centre for Clinical Interventions”)	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>
eSantéMentale (“eMentalHealth”)	Learn about what panic attacks are, why they happen, and tips to address them.	<a href="#">Click here to access</a>
Fondation canadienne du rein (“Kidney Foundation of Canada”)	A self-care fact sheet that provides ways to manage and cope with depression.	<a href="#">Click here to access</a>
Lumino Santé (“Lumino Health”)	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>

# Resources for your Self-care

## Environmental Scan



Quête de dépression ("Depression Quest")	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>
Not Just Talk	Find easy-to-read guides and audio recordings for both depression and anxiety.	<a href="#">Click here to access</a>
Santé mentale des jeunes Canada ("Youth Mental Health Canada")	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>

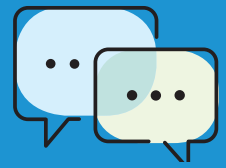
### General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
Aller mieux à ma façon ("Getting Better My Way")	A free self-management tool. Answer a series of questions to help create your plan.	<a href="#">Click here to access</a>
Auto-Compassion ("Self-Compassion")	Self-compassion website that provides information on how to get started and some guided meditations.	<a href="#">Click here to access</a>
Breathr App	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>
Bridge the Gapp	Use the mood meter to help recognize the level of your emotions. Also, find stress-relieving videos and coping cards.	<a href="#">Click here to access</a>
Centre de toxicomanie et de santé mentale ("Centre for Addiction and Mental Health")	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>
CMHA National	Take this stress questionnaire to see how elevated your stress might be.	<a href="#">Click here to access</a>
eSantéMentale ("eMentalHealth")	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>
eSantéMentale ("eMentalHealth")	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>
eSantéMentale ("eMentalHealth")	A safety plan that contains a series of questions to help ground yourself and to stay safe.	<a href="#">Click here to access</a>



# Resources for your Self-care

## Environmental Scan



<b>EnsembleBien</b> ("TogetherWell")	Register for Wellness Wednesdays, a weekly workshop on how to care for your mental health.	<a href="#">Click here to access</a>
<b>Exercices de pleine conscience</b> ("Mindfulness Exercises")	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	<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>La Fondation LifeLine Canada</b> ("The LifeLine Canada Foundation")	Learn about coping and what unhealthy and healthy coping looks like.	<a href="#">Click here to access</a>
<b>Lumino Santé</b> ("Lumino Health")	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>Mes outils – Suicide.ca</b> ("My Tools – Suicide.ca")	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>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>National Institutes of Health - Emotional Wellness Toolkit</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>Noir Santé Mentale Canada</b> ("Black Mental Health Canada")	Find free workshops and events that discuss mental health for the black communities in Canada.	<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>Not Just Talk</b>	Find easy-to-read guides and an audio book on mental wellness.	<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>Santé mentale des jeunes Canada</b> ("Youth Mental Health Canada")	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

## Environmental Scan



### 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>Entraide – Fondation du rein</b> (“Peer Support – Kidney Foundation”)	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 (EN)</a> <a href="#">Click here for more information (FR)*</a>
<b>Espace mieux-être Canada</b> (“Wellness Together Canada”)	Access communities of support for mental health online, over the phone, or via Zoom.	<a href="#">Click here for more information</a>
<b>Le Réseau des Bénéficiaires en Santé Mentale du Nouveau-Brunswick</b> (“New Brunswick Mental Health Consumer Network”)	Find the locations of activity centers across New Brunswick along with their contact information.	<a href="#">Click here for more information</a>
<b>R.E.A.C.H. Centre</b>	Engage in activities that help promote relationships, build new skills/hobbies, and more.	<a href="#">Click here for more information</a>

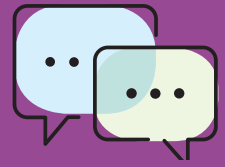
#### Services Provided by Trained Volunteers

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>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>Croix-Rouge canadienne</b> (“Canadian Red Cross”)	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>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

## Environmental Scan



### Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
<b>mieux-être Atlantique</b> ("Atlantic Wellness")	Free services for people 21 and under. Services include a mental health clinic, individual therapy, and group therapy	Call 506 382-0298 to schedule an appointment on Mondays 8:30AM to 2PM. <a href="#">Click here for more information</a>
<b>Retrouver son entrain</b> ("BounceBack")	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>Tele-Care 8-1-1</b>	Call for bilingual and confidential support. Also provides referral services.	Call: 811 <a href="#">Click here for more information</a>
<b>211 New Brunswick</b>	Free and confidential 24/7 health services information for individuals experiencing mental illness challenges. You can call for yourself or for someone you care about.	Call: 211 <a href="#">Click here for more information</a>

# Regional and Crisis Resources

## Environmental Scan



### REGIONAL AND CRISIS RESOURCES

Find provincial wide crisis lines and regional lines.

#### National Resources (Nationwide)

Name of resource	Brief description of resource	How can you access the information?
<b>Espace mieux-être Canada</b> ("Wellness Together Canada")	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>Ligne d'écoute d'espoir pour le mieux-être</b> ("Hope for Wellness Helpline")	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>parlons suicide Canada</b> ("talk suicide Canada")	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>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 Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
<b>CHIMO Helpline</b>	Bilingual and confidential crisis intervention line. 24 hours/365 days a year. Also live chat from 5PM to Midnight (ET) daily.	Call: 1 800 667-5005 <a href="#">Click here for online chat and for more information</a>
<b>Gouvernement du New Brunswick</b> ("Government of New Brunswick")	Provincial addiction and mental health helpline. Bilingual, confidential, and 24/7.	Call: 1 866 355-5550 <a href="#">Click here for more information</a>
<b>Réseau de santé Horizon</b> ("Horizon Health Network")	Find the contact information and hours of operation for the Mobile Crisis Unit - a service meant to provide immediate mental health support and crisis response. Anglophone services.	<a href="#">Click here for more information</a>
<b>Réseau de santé Vitalité</b> ("Vitalité Health Network")	Find the contact information and hours of operation for the Mobile Crisis Unit - a service meant to provide immediate mental health support and crisis response. Anglophone services.	<a href="#">Click here for more information</a>

# 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: [healthyqol.com/kidney](https://healthyqol.com/kidney)  
and find additional resources.

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