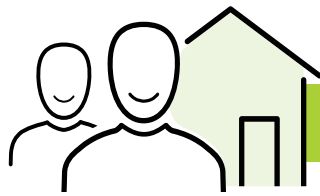


Environmental Scan

Resources for coping with and adjusting to dialysis

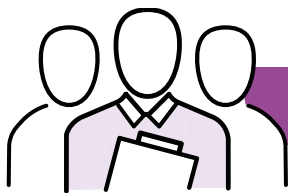
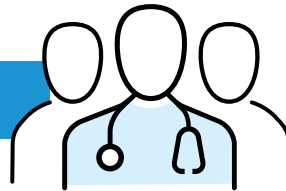
In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Newfoundlanders/Labradorians on dialysis.

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.



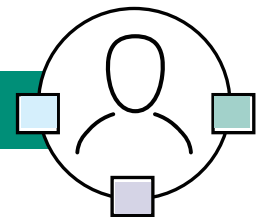
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered for people living in Newfoundland and Labrador, 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?
American Kidney Fund	Learn about the impact kidney disease has on maintaining your mental health.	Click here to access
Kidney Foundation	Watch a webinar about living with chronic kidney disease and its impact on mental health.	Click here to access
Kidney Research UK	Learn about kidney disease and hear from lived experiences on how to manage it.	Click here to access
Life Options	Learn about kidney disease, how to live with it, and ways to feel your best.	Click here to access
My Kidneys My Health	Discover information and tips on how to live with CKD.	Click here to access
National Kidney Foundation	Information on numerous kidney-related topics. Learn about social determinants, living with the disease, and more.	Click here to access
PsychoNephrology	Learn about kidney disease and how it affects mental health.	Click here to access

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.	Click to learn about depression Click to learn about depression tips Click to learn about anxiety tips
Anxiety Canada	Contains information about anxiety.	Click here to access
BridgetheGapp	Find general information on depression and anxiety.	Click to learn about depression Click to learn about anxiety
Canadian Psychological Association	Find information and facts about depression.	Click here to access
Depression, anxiety, & stress test	Read articles that provide information on depression, anxiety, and stress.	Click to learn about depression Click to learn about anxiety Click to learn about stress
Depression Hurts	Discover the potential signs of depression from a holistic approach. Available in English, French, Chinese (simplified), and Punjabi.	Click here to access
Depression in Older Adults - You are Not Alone!	Learn about depression in older adults: common symptoms, diagnosis, and treatment.	Click here to access
eMentalHealth	Find information about depression and anxiety. Learn about symptoms, types, coping strategies, and more.	Click to learn about depression Click to learn about anxiety

Information on Mental Health

Environmental Scan



FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	Click here to access
HeadsUpGuys	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	Click here to access
Informed Choices About Depression	Provides general information about depression and depression treatment.	Click here to access
Mayoclinic	Get an overview of depression and more about the disorder.	Click here to access
MedlinePlus	Find numerous pieces of information and topics related to depression.	Click here to access
Mood Disorders Society of Canada	Find support resources and links for depression, bipolar disorder, anxiety, building resilience.	Click here to access
Students Against Depression	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	Click here to access
The LifeLine Canada Foundation	Find information relating to depression and anxiety.	Click to learn about depression Click to learn about anxiety

General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
eMentalHealth	Learn about common mental health topics such as stress, sleep, self-compassion, and self-harm.	Click to learn about stress Click to learn about sleep Click to learn about self-compassion Click to learn about self-harm
Government of Canada	Find information on what mental health is and why it is important.	Click here to access
Government of Canada	Services and general information related to mental health, contributed by the Public Health Agency of Canada and Health Canada.	Click here to access
Hong Fook Mental Health Association	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	Click here to access
Kidney Foundation of Canada, NL Region	Find contact information and events from the Newfoundland and Labrador branch of the Kidney Foundation of Canada.	Click here to access
Mental Health Commission of Canada	Discover some common myths and misconceptions regarding mental health and mental health care.	Click here to access
Multicultural Mental Health	Find mental health resources and information in over 25 languages.	Click here to access

Information on Mental Health

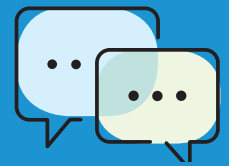
Environmental Scan



My Mental Health	Learn about Mental Health First Aid (MHFA) and how to aid people in crisis.	Click here to access
Youth Mental Health Canada	Learn about wellness, what it means to be well, and more.	Click here to access

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?
Davita Kidney Care	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	Click here to access
Kidney Community Kitchen	Find recipes and information on how to manage a renal diet.	Click here to access
Kidney Foundation of Canada	Explore resources for managing kidney health, including tips on staying active with kidney disease and webinars covering various kidney health topics.	Click here for active living tips Click here for kidney webinars
Kidney School	Discover learning modules and audiobooks about kidney and kidney disease.	Click here to access
PKD Foundation of Canada	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	Click here to access

Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
Adult ICAN Anxiety and Depression Support Program	Bilingual educational program based on cognitive behavioral therapy (CBT) designed to help you better cope with your emotions. Follow the course contents and have a coach call you weekly for support. Self-referral available for residents of Newfoundland and Labrador.	Click here to access
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.	Click here to access
Anxiety Canada	Self-paced anxiety management program based on cognitive behavioural therapy (CBT).	Click here to access
Centre for Clinical Interventions	Find workbooks, information, and worksheets for both Depression and Anxiety	Click here for depression work material Click here for anxiety work material
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.	Click here to access
Depression, anxiety, & stress test	Find techniques to manage depression, anxiety, and stress.	Click here for depression techniques Click here for anxiety techniques Click here for stress techniques

Resources for your Self-care

Environmental Scan



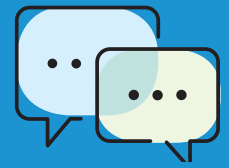
eMentalHealth	Learn about what panic attacks are, why they happen, and tips to address them.	Click here to access
Kidney Foundation of Canada	A self-care fact sheet that provides ways to manage and cope with depression.	Click here to access
Lumino Health	Learn about stress and how to recognize and manage your emotions.	Click to learn about stress Click to learn about managing emotions
Not Just Talk	Find easy-to-read guides and audio recordings for both depression and anxiety.	Click here to access
Youth Mental Health Canada	Learn about how to be compassionate to yourself. Also, how to reduce stress and manage it.	Click to learn about self-compassion Click to learn about stress management

General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
Black Mental Health Canada	Find free workshops and events that discuss mental health for the black communities in Canada.	Click here to access
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. Click here for more information
BridgetheGapp	Find tools to support your mental wellness such as sleep aids, mood journals, and a mood meter.	Click here to access
Centre for Addiction and Mental Health	20-minute course on mental health and depression. Learn about the basic definitions and key messages.	Click here for the mental health course Click here for the depression course
CMHA National	Take this stress questionnaire to see how elevated your stress might be.	Click here to access
Community Course: Making it Matter with Micro-Interventions	Free 2-hour virtual course on coping skills and how you can support yourself through difficult times.	Click here for more information and to enroll
eMentalHealth	Screening tools for self-compassion, happiness, anxiety, and depression. Should not be used as a substitute for a professional opinion.	Click here for the self-compassion tool Click here for the happiness tool Click here for the anxiety tool Click here for the depression tool
eMentalHealth	Learn about therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness. Different methods for self-care improvement.	Click here to learn about therapeutic tapping Click here to learn about bilateral music for anxiety Click to learn about Dialectical Behavioral Therapy Click to learn about happiness strategies Click to learn about grounding strategies
eMentalHealth	A safety plan that contains a series of questions to help ground yourself and to stay safe.	Click here to access

Resources for your Self-care

Environmental Scan



Getting Better My Way	A free self-management tool. Answer a series of questions to help create your plan.	Click here to access
How to manage and reduce stress – Mental Health Foundation	Information about stress and tips on how to manage it.	Click here to access
InsightTimer	A wellness tool that promotes and provides free guided meditation.	Available on App Store and Google Play. Click here for web access
iSMART	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. Click here for more information
Lumino Health	Provides information on meditation and gratitude journals. Discover why both are beneficial for self-care and mental health.	Click to learn about meditation Click to learn about gratitude journals
Meditations – Chris Germer	Download meditation audio files or written meditation instruction PDF files intended to promote mindful self-compassion.	Click here to access
Mindfulness Exercises	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	Click here to access
Mindshift CBT App	Learn how to relax, be mindful, and cope with anxiety using strategies based on cognitive behavioural therapy.	Available on App Store and Google Play. Click here for more information
Mind Your Mind	Access mental health tips, interactive tools, and shared stories and experiences.	Click here for tips Click here for interactive tools Click here for stories and experiences
My Tools – Suicide.ca	Discover tools to take care of your mental health. Tools for taking action, calming down, and more.	Click here to access
National Institutes of Health	Utilize the emotional wellness toolkit to help manage emotions, reduce stress, and cope with loss. Also information on sleep and mindfulness.	Click here to access
North Simcoe Muskoka Self-Management Program	Free 6-week self-management workshops to help those living with health conditions. Offered in English and French.	Click here to access
Now Matters Now	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.	Click here to access
PsychHealthandSafety	Self-care workbook that can help you learn to cope with health problems.	Click here to access
Safety Plan Guide	Safety plan workbook to help you manage suicidal thoughts and urges.	Click here to access

Resources for your Self-care

Environmental Scan



Self-Compassion	Self-compassion website that provides information on how to get started and some guided meditations.	Click here to access
Therapy Assistance Online (TAO)	Free online wellness tools available 24/7, including psychoeducation sessions, a mindfulness library, wellness logs and journals, progress trackers, and video conferencing.	Click here to access
The LifeLine Canada Foundation	Learn about coping and what unhealthy and healthy coping looks like.	Click here to access
TogetherWell	Register for Wellness Wednesdays, a weekly workshop on how to care for your mental health.	Click here to access
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.	Click here for compassion cards Click here for compassion cards (Indigenous) Click here for daily compassion messages

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?
BridgetheGapp Warmline	A non-emergency phone line offered by trained peer supporters. 7 days a week from 10AM to 12AM.	Call: 1 855 753-2560 Click here for more information
JP Memorial Foundation	Peer support program that provides wellness support for a maximum of 10 sessions. Ap- pointments can be weekly, bi-weekly, or on an as-need basis.	Click here for more information
Kidney Foundation of Canada	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.	Click here for more information
LifewiseNL	Find support programs offered through dif- ferent modalities, facilitated by trained staff. Services include group/peer/family support, wellness workshops, and more.	Click here for more information
SeniorsNL	A phone line for seniors to receive support or those who just want to talk.	Call: 1 800 563-5599 Click here for more information
The Pottle Centre	A centre that provides different programs and activities to support its members and their mental health/wellbeing.	Click here for more information
Wellness Together Canada	Access communities of support for mental health online, over the phone, or via Zoom.	Click here for more information

Services Provided by Trained Volunteers

Name of Resource	Brief description of resource	How can you access the information?
7 Cups	Free 24/7 listening and support chat.	Click here to register and for more information
Canadian Red Cross	Program matching adults with a trained lis- tener 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 Click here to register and for more information
Certified Listeners Society	Free emotional support chat service. Fill out your age, gender, urgency, and email address to request a chat. 12PM to 3AM EST.	Click here to register and for more information

In-person & Live Online Services

Environmental Scan



Ches Penney Centre of Hope	An organization that provides marginalized people assistance through services and programs such as counselling, access to a community navigator, spiritual care, and more.	Click here for more information
JP Memorial Foundation	Counselling services that provide wellness support and coping techniques. For up to 10 sessions over a span of 20 weeks.	Click here for more information
Naseeha	A Muslim mental health helpline. Provides confidential, spiritual, and culturally competent support.	Call or text: 1 866 627-3342 Click here for more information
Nisa Helpline	Helpline for Muslim women. Provides emotional and mental health support. 10AM - 10PM EST. Also provides 3 free counseling services.	Call: 1 888 315-6472 Click here for more information
St. Johns Women's Centre	A centre that provides women/non-binary people safe and non-judgmental support through programs such as individual/ group counselling, information sessions and workshops.	Click here for more information

Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
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.	Click here to register and for more information
Central Health - Triage	A phone service that provides quick mental health support and assessments. Available 8:30am to 4:30pm, Mon-Fri.	Call: 1 844 353-3330 Click here for more information
Central Health - Doorways	A walk-in service that provides quick access to mental health and counselling services.	Call: 811 to find a location near you Click here for more information

Referral Services

Name of resource	Brief description of resource	How can you access the information?
211 Newfoundland and Labrador	Get assistance navigating community, government, or social services in Newfoundland and Labrador. 24/7 and available in 100+ languages.	Call: 211 Click here for more information
811 Healthline	Get assistance finding professional mental health advice, information, and support. 24/7 with translation available in 125+ languages.	Call: 811 Click here for more information
Mental Health Systems Navigator - Eastern Health	A phone line that offers navigation finding mental health services in the community that may be right for you.	Call: 709 752-3916 Toll-free: 1 877 999-7589 Click here for more information

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?
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 Click here for online chat and for more information
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 Click here for more information
Wellness Together Canada	24/7 textline for adults in distress or crisis	Text "WELLNESS" to 741741 (EN) Text "MIEUX" to 741741 (FR) Click here for more information
Youthspace	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 Click here for online chat and for more information

Provincial Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
811 Healthline	Call to connect with a Healthline nurse who can provide immediate mental health support.	Call: 811 Click here to for more information

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
and find additional resources.

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