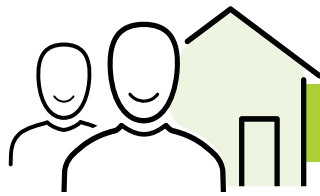


Environmental Scan

Resources for coping with and adjusting to dialysis

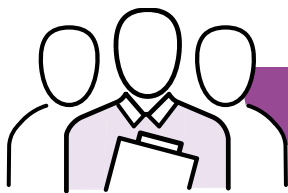
In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Nova Scotians on dialysis.

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.



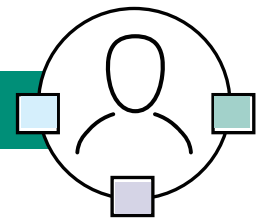
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered by Nova Scotia Health for people living in Nova Scotia, 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
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
FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	Click here to access

Information on Mental Health

Environmental Scan



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
Mental Health – CMHA Colchester East Hants	Access information and tools to help you better understand and improve your mental health.	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
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 Nova Scotia residents.	Click here for more 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.	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, 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
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

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
Tranquility	Free internet-based cognitive behavioural therapy (CBT) program for adults experiencing mild to moderate anxiety or depression. Includes nine to twelve 30-minute modules. Coaching available through in-app messaging or video/phone calls.	Click here for access and for more information
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
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
CMHA Nova Scotia	Access virtual skill-building workshop resources. “Living Life to the Full” is a free, 8-week course based on cognitive behavioral therapy (CBT) skills. “THRIVE” has free workshops where you can learn about mental health, gain skills, and connect with community members.	Click here for “Living Life to the Full” Click here for “THRIVE”
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

Resources for your Self-care

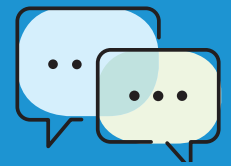
Environmental Scan



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
Eskasoni MH Video Series	Explore videos focused on mental health, created by Eskasoni Mental Health Services.	Click here to access
Getting Better My Way	A free self-management tool. Answer a series of questions to help create your plan.	Click here to access
Health & Wellness Programs – Nova Scotia Health	Free wellness sessions. Sessions are available either online (via Zoom) or in-person.	Click here to access Once on the website, click “go” beside the search bar to see a list of upcoming sessions.
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
MindWell-U	Bilingual platform offering tools to help decrease stress and burnout, improve focus, and promote positive wellbeing.	Click here to access
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

Resources for your Self-care

Environmental Scan



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
Nova Scotia Health – Vimeo	Access videos that provide techniques and tips to support stress-reduction and promote mental health.	Click here for STOP Practice Techniques Click here for Deep Breathing exercises
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
Self-Compassion	Self-compassion website that provides information on how to get started and some guided meditations.	Click here to access
The LifeLine Canada Foundation	Learn about coping and what unhealthy and healthy coping looks like.	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 sign up and for more information
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?
CMHA Colchester East Hants	Discover the different services and programs offered by the CMHA to help individuals with their mental health.	Click here for direct service programs Click here for supportive programming
CMHA Halifax-Dartmouth	Discover the different programs and services that revolve around peer and social support.	Click here for more information
Crossroads Clubhouse	Partake in a variety of services including health and wellness, social and virtual opportunities, and more.	Click here for more information
Eastern Shore Mental Health	A peer support group where you can share on different mental health topics and discuss with a group.	Call: 902 889-2375 Click here for their facebook page
Evangeline Club	A mental wellness community that provides mutual support, free library access, computer & telephone access, and more.	Call: 902 538-9349 Click here for more information and email form
Healthy Minds Cooperative	An organization that offers free events. Events include Men's Mental Health Peer Support, Mindfulness Monday, Peer Connect, and a Writer's group.	Click here for more information
Laing House	Laing House provides peer support, hope and recovery guidance, mutual encouragement, and more to young people aged 16-29.	Click here for more information and for application form
MHAWNS	Access free, confidential, and private online peer support. Available by appointment.	Contact: RhondaFrank@MHAWNS.ca to schedule an appointment. Click here for more information
Nova Scotia Sisterhood	A free sisterhood program for black women that provides education and assistance accessing health.	Click here for more information
S.H.I.N.E.	A self-help group in Cape Breton County. Participate in group topic meetings, activities, guest speaker sessions, and more.	Call: 902 224-0876 Click here for their facebook page
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.	Click here for more information
TogetherAll	An online platform that offers anonymous peer support for individuals seeking to improve their mental health and well-being.	Click here for more information

In-person & Live Online Services

Environmental Scan



Warm Line	An empathetic phone line run by people who have been through challenging times. Call to get support on your problems. Mon-Thurs 1-5PM.	Call: 1 833 927-6546 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 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 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
Good2Talk Text Service	Talk to a trained volunteer about anything on your mind by texting the number. Available 24/7..	Text: GOOD2TALKNS to 686868 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
Union of Nova Scotia Mi'kmaq	A holistic wellness service for the First Nations peoples in the five Unama'ki communities and Paqtnkek (Antigonish Co.). Services include counselling, workshops, programs, and more.	Click here for more information and for the service request form
Veith House	Get access to counselling support from counselling interns. Available in-person, phone, or through Zoom.	Click here for more information

Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
Access Wellness Nova Scotia	Free single-session counselling services for wellness support.	Call: 1 833 691-2282 OR visit website Click here for more information and for online chat

In-person & Live Online Services

Environmental Scan



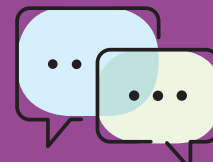
BounceBack	Services include a trained coach who can provide up to six sessions and access to self-help materials such as workbooks, activities, and videos.	Click here to register and for more information
Couch of H.O.P.E.	Free counselling by appointment for Nova Scotians who are either: receiving financial support, not covered by their insurance for mental health counselling, or waitlisted for MH services.	Click here for more information
Eskasoni Mental Health Services	Access mental health services such as Adult Therapeutic Support for individuals, group, marital and family services.	Click here for more information
Good2Talk Phone Line	24/7 bilingual and confidential phone line. Call to get connected with a professional counsellor to discuss anything on your mind.	Call: 1 833 292-3698 Click here for more information
Nova Scotia Brotherhood Initiative	A free program for Black men that assists them with accessing services to improve their mental and overall health.	Call: 902 434-0824 E-mail: nsbrotherhood@nshealth.ca Click here for more information
Nova Scotia Health	A mental health and addiction intake line. Call for any mental health concerns. Mon-Fri 8:30AM to 4:30PM. Tues until 8PM. Voicemail on weekends.	Call: 1 855 922-1122 Click here for more information
Nova Scotia Wellness Program	A walk-in program where you can discuss whatever you want with the staff and they will help create a plan going forward with you. No waitlists or referrals.	Click here for more information
Pause Mental Health – North End Community Health Centre	Walk-in or call-in mental health support. Available Tuesdays & Thursdays from 5-8pm at 2131 Gottingen St (rear entrance); Wednesdays from 2-8pm in various locations in the Halifax Regional Municipality.	Call: 1 800 598-5270 (leave your name and number and a staff member will reach out to book an appointment) Click here for more information
Veith House	Get access to social services such as resource navigation, paperwork assistance, referrals, and more.	Click here for more information

Referral Services

Name of resource	Brief description of resource	How can you access the information?
211 Nova Scotia	Get assistance navigating community, government, or social services in Nova Scotia. 24/7 and available in 100+ languages.	Call: 211 Click here for more information
811 Nova Scotia	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

In-person & Live Online Services

Environmental Scan



Access Wellness Nova Scotia	Call for assistance in finding the right support you need.	Call: 1 833 691-2282 Click here for more information and online chat
Healthy Minds Cooperative	Get assistance finding mental health services right for you, peer support groups, programs, and more.	Call: 1 902 404-3504 Click here for more information

Regional and Crisis Resources

Environmental Scan



REGIONAL AND CRISIS RESOURCES

Find national and provincial crisis 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?
Eskasoni Mental Health Services	24/7 crisis services for Mi'kmaq communities across Atlantic Canada. Available through walk-ins, phone calls, Facebook messages, and Instagram direct messages.	Call: 902 379-2099 Toll-free: 1 855 379-2099 Walk-in address: 4555 Shore Road, Eskasoni, Nova Scotia, Canada, B1W 1K3 Click here to access the Facebook page Click here to access the Instagram page Click here for more information
Nova Scotia Mental Health Crisis Line	24/7 crisis intervention for those experiencing mental distress or a mental health crisis.	Call: 902 429-8167 Toll-free: 1 888 429-8167 Click here 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.