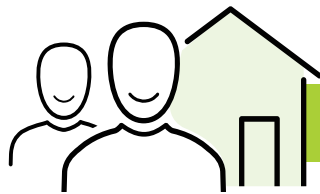


Environmental Scan

Resources for coping with and adjusting to dialysis

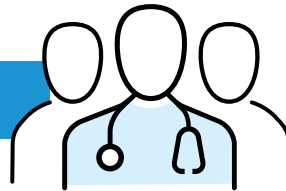
In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Ontarians on dialysis.

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.



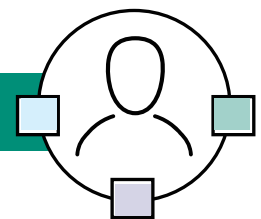
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Ontario Health for people living in Ontario, 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?
PsychoNephrology	Learn about kidney disease and how it affects people.	Click here to access

General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
Anxiety Canada	Learn about living with anxiety, managing symptoms, getting help, and more.	Click here to access
Heads Up Guys	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	Click here to access
Informed Choices About Depression	Answer any questions you may have about depression.	Click here to access
Mood Disorders Association of Ontario	Find information, resources, and services on anxiety, depression, and bipolar disorder. Includes virtual and in-person support groups, blogs, and an online forum.	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
Ontario Shores - Centre for Mental Health Sciences	Learn about topics, such as depression, anxiety, mood disorders, and more.	Click here to access

General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
Canadian Mental Health Association (CMHA)	Self-assessment tools (Not a substitute for professional advice but can be useful for a quick self assessment)	Click here for the mental health meter Click here for a stress index quiz Click here for a work-life balance quiz
Canadian Mental Health Association (CMHA) - Canada	Information and resources on mental health available across Canada.	Click here to access
Canadian Mental Health Association (CMHA) - Ontario	Information and resources to help face the challenges of mental health in daily life.	Click here to access
ConnexOntario	Get connected to mental health and substance use services or supports in your area.	Click here to access
Dieticians of Canada Website	Read various articles related to nutrition and mental health.	Click here to access

Information on Mental Health

Environmental Scan



eMental Health	Screening Tools for mental health concerns. (Not a substitute for professional advice but can be useful for a quick self assessment)	Click here to learn about anxiety Click here to learn about depression Click here to learn about self-compassion Click here to learn about happiness
Government of Canada - Mental Health and Wellness	Services and general information related to mental health, contributed by the Public Health Agency of Canada and Health Canada.	Click here to access
have THAT talk - Ottawa Public Health	Learn about various important mental health topics through videos and activity guides that are specialized for youth, adults, parents and caregivers, and more.	Click here to access
Honk Fook Mental Health Association	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	Click here to access
Mindsight	Learn about a range of mental health topics including (depression, anxiety, suicide, bipolar disorder, trauma, etc.) with interactive videos and quizzes. Support resources are also available.	Click here to access
Ontario Provincial Government - Mental Health Services	General information on provincial mental health services and links for these services.	Click here to access
Students Against Depression	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	Click here to access
Twenty Twenty Arts - Mental Health Blog	Discover articles on numerous mental health topics and links to helpful resources.	Click here to access
University Health Network	Find information and services for mental health, conditions and disorders, treatments and therapies, caregiving and family support. Some resources available in multiple languages	Click here to access
Waterloo Region Suicide Prevention Council - WRSPC	Find mental health information, self care advice, and resources about suicide for suicide prevention.	Click here to access
Wellness Together Canada	Find information on mental health, links to services, phone counselling, peer support and online group classes, and self-guided eCourses/ programs.	Click here to access
When its Time to Talk - Brochure	Find information, resources, self-help tips, and tools to assess and manage stress, depression, and other mental health symptoms.	Click here to access

Resources for your Self-care

Environmental Scan



RESOURCES FOR YOUR SELF-CARE

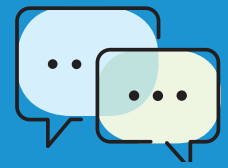
Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
Antidepressant Skills Workbook	Online information and free workbook with strategies to manage depression. Available for download in English, French, Chinese, Punjabi, Farsi, and Vietnamese. Audio also available in some languages.	Click here to access
Anxiety Canada	Contains self-help resources for anxiety such as applied tension, effective communication, and exposure therapy.	Click here to access
Heads up Guys	Contains self-care resources such as how to cope with depression and strengthen social supports.	Click here to learn tips to fight depression Click here to learn about strengthening social supports with depression
Kidney Foundation	A self-care factsheet that provides ways to manage and cope with depression and anxiety.	Click here to access
London Health Sciences Centre	Contains resources and videos about adjusting and coping with the changes that come with kidney disease diagnosis.	Click here to learn about adjusting & coping with kidney disease Click here to learn about moving forward with hope
Lumino Health	Contains information on different mental health topics and how to manage them.	Click here to learn about negative stress Click here to learn about stress & anxiety Click here for 10 mental health tips Click here to learn about how to manage anxiety
Mental Health Resources City of Toronto	Contains mental health supports in Toronto. Also includes coping and stress management tips.	Click here to access
Ontario Renal Network	Provides information on how to cope with anxiety and depression. Also provides videos from people with lived experiences.	Click here to learn about symptom management Click here for Patient & Family Experience Video Series
Ontario Shores	Self-help resources, including information on mental health signs and symptoms and how to access resources.	Click here for self-help resources by condition Click here for accessing care by condition
Orillia Soldiers' Memorial Hospital	Provides videos from patients with lived experiences on living with the disease, dialysis, coping, and more.	Click here to access

Resources for your Self-care

Environmental Scan



St Joseph's Healthcare Hamilton	Contains mental wellbeing topics including stress management, depression, and how to save your energy.	Click here to access
The Learning Portal	Contains numerous self-management online resources, such as the ones for maintaining health and wellness. The pages are interactive and has checklist of recommended activities to do to maintain wellness	Click here to access
Unity Health Toronto	Mindful Awareness Stabilization Training (MAST) provides free mindfulness and psychoeducation to help develop skills for emotion regulation.	Click here to access
University Health Network	Information on topics related to stress & coping and mental health. Information is also offered in multiple languages.	Click here to learn about managing stress Click here for E-books, health & wellness apps and podcasts
Wellness Together Canada	Contains wellness information, one-on-one sessions, and community supports.	Click here to access Call to speak with a program navigator: 1-866-585-0445 Call for guidance on mental health resources: 211

Mental Health Apps/ Courses

Name of resource	Brief description of resource	How can you access the information?
Insight Timer	Provides online guided meditations and courses by professionals, and sound therapy for free. Can be accessed on web or app.	Click here for popular meditations Click here for meditation music Click here for meditation playlists Click here for meditation topics Click here for anatomy of stress Click here to learn about anxiety's impact on our health
Mental Health 101- CAMH	A self-directed course that provides information on depression and how to live with it.	Click here to access
MindShift App	An app that you can download that provides strategies for relaxation and mindfulness. Developed based on cognitive behavioral therapy.	Available on App Store and Google Play. Click here to access
Palouse Mindfulness Stress Reduction	Mindfulness-Based Stress Reduction (MSBR) course teaches about how to cope with stress and everyday challenges.	Click here to access
PocketWell via Wellness Together Canada	A tool to keep a daily log of how you're feeling and the situations or circumstances that might have affected your mood.	Click here to access
Self Compassion Exercises Guided Meditation	Provides self-compassion guided practices and exercises.	Click here to access

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

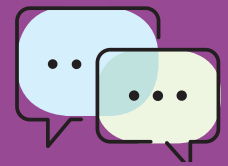
Name of Resource	Brief description of resource	How can you access the information?
Wellness Together Canada	Online resource that can help connect you to communities who share similar experiences.	Click here for more information
Kidney Foundation Peer Support	Connect with trained volunteers who have first-hand experience coping with kidney disease. Peer Support volunteers share their experience with kidney disease and how they cope with it.	Click here for more information and for the "Peer Support Request Form" OR Call 1 866 390-7337 to speak with a program coordinator.
Progress Place Warm Line	Confidential and anonymous service for adults (18+) who may be feeling lonely, isolated, anxious, depressed or in need of a friendly ear. Connect with a peer support worker over online chat, text, or the phone.	Call 1 888-768-2488 Available 7 days a week. Click here for more information
Peer Support - Mental Health Rights Coalition	Access peer support provided by Peer Support Worker who has similar lived experience, has experienced recovery, and is trained to provide listening and support. Peer support is available in-person and on the telephone during drop-in hours.	Click here for more information
PeerWorks	PeerWorks provides a contact list of member organizations that provide peer support services and useful webinars. These organizations are run by and for people with lived experience of a mental health issue or addiction issue.	Click here for more information Click here for webinars
Kidney Connect Support Group	Kidney Connect Support Group connects you with renal patients who are going through similar experiences. Drop in for as many meetings as you'd like.	Click here for more information

In-person Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
Wellness Together Canada	Available 24 hours a day, 7 days a week for free support over the phone. Connect with a professional counsellor who will listen non-judgmentally to discuss your concerns.	Call: 1-866-585-0445 Click here for more information

In-person & Live Online Services

Environmental Scan



<p>Anishnawbe Health Ontario</p>	<p>Free in-person, virtual, or over the phone services to status or non-status First Nations, Inuit or Metis Peoples and families. Multi-disciplinary approaches to care including traditional counsellors or mental health counsellors, as well as psychology, psychiatry and case management.</p> <p>Services:</p> <ul style="list-style-type: none"> • Couples Counselling • Mental Health Counselling • Psychiatrists • Psychologist • Supportive & Advocacy Work • Traditional Counselling • Traditional Family Counselling • Traditional Healing & Ceremonies 	<p>New clients can self-refer for intake. No appointment necessary. Intake is done at the Gerrard Street location (179 Gerrard St E, Toronto, ON), Monday to Friday, 10 a.m-12:30 p.m. and 1:00 p.m. – 3:30 p.m.</p> <p>Existing clients: please call and speak to the Mental Health Coordinator at (416-920-2605) to make an appointment. Click here for more information</p>
<p>Talk Now</p>	<p>Clinic providing in-person or virtual mental health services to people of all ages. No referral or health care card needed. Please call to be connected with a mental health professional: nurse practitioner or therapist. Phone lines are open Monday to Friday from 8:30am to 3:30pm. Closed on weekends and holidays.</p>	<p>Call: 705-876-5826 Click here for more information</p>
<p>Journey to Healing (J2H)</p>	<p>Individuals interested in learning about the mind-body link, stress management, and methods to enhance their overall mental well-being can join a 10-week interactive psychoeducational group that uses a holistic approach to increase mental health awareness, recovery, and resilience. Cantonese and Mandarin services are available.</p> <p>Interested individuals can approach their physician and have them complete the J2H referral form and fax it to 416-603-5661</p>	<p>Click here for the referral form Click here for more information</p>
<p>Bounce Back</p>	<p>A free program for developing skills that can be used to manage anxiety, stress, and concern as well as mild to moderate depression and poor mood. Services include a trained coach who can provide up to six sessions and access to self-help materials (online) such as workbooks, activities, and videos.</p>	<p>Click here for more information Click here for a video on the program (1) Click here for a video on the program (2)</p>

In-person & Live Online Services

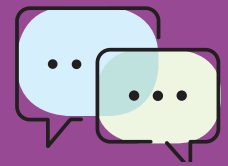
Environmental Scan



<p>Integrated Behavioural Group Therapy (IBGT)</p>	<p>12-week treatment group for adults (18+) who have depression, anxiety, psychosis and other symptoms including insomnia and pain. IBGT combines 3 types of therapy: Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Mindfulness. Offered in Cantonese, Mandarin, and Portuguese.</p> <p>Referrals must be made using the appropriate IBGT form.</p>	<p>How to register:</p> <ol style="list-style-type: none"> 1. Call the UHN clinics listed below and ask for a referral form. The referral form can be emailed or faxed to you. <ul style="list-style-type: none"> Toronto Western Hospital Asian Initiative in Mental Health (AIM) Phone: 416 603 5800 ext. 2227 (Cantonese) Phone: 416 603 5800 ext. 5423 (Mandarin) Fax: 416 603 5661 Portuguese Mental Health & Addictions Services (PMHAS) Phone: 416 603 5520 (Portuguese) Fax: 416 603 5049 2. Bring the referral form to one of the following health care providers or agencies: <ul style="list-style-type: none"> • Family doctor or psychiatrist • Asian Initiative in Mental Health (AIM) or Portuguese Mental Health & Addictions Services (PMHAS) • Hong Fook Mental Health Association <p>Ask your health care provider/agency to complete the referral form and fax it to AIM or PMHAS.</p> 3. You will be contacted after your completed referral form is received.
<p>Ateliers de l'Élan</p>	<p>For Francophones struggling with a mental health disorder. The organization develops a monthly calendar of activities that includes activities that encourage the recovery process and community involvement:</p> <ul style="list-style-type: none"> • Artistic activities • Physical and mental health activities • Social, recreational and collaborative activities • Personal development activities 	<p>Admission to the program is done by contacting one of the coordinators of the Ateliers de l'Élan:</p> <p>Call: 613.744.2244 – extension 600 or 614 Email: idion@mri.ca jlatremouille@mri.ca</p> <p>Office hours are from 9:00 a.m. to 4:00 p.m., Monday to Friday.</p>

In-person & Live Online Services

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Toronto Public Health eChat	Free, confidential and anonymous online service where individuals can chat with a Public Health Nurse about our programs and services for: Mental Health Promotion Substance Use (e.g., drugs, tobacco and alcohol)	Service Available: Monday to Friday, 8:30 a.m. – 4p.m. (excludes statutory holidays). Click here to access eChat
Health 811	Call to access a registered nurse to help you decide how to manage your physical and mental health, and the health of your family. This service is available 24/7.	Click here to access online chat Call: 811 Toll free TTY line: 1-866-797-000
Ontario Structured Psychotherapy Program	Free cognitive-behavioural therapy and related services for adults with depression and anxiety-like concerns through the Ontario Structured Psychotherapy Program. Offered as self-led or with a therapist.	Click here for more information
One-to-One Support	Individualized and supportive counselling, system navigation help, and customized information and education for those living with mental illness.	Click here for more information Reach out to one of the counsellors at 1-855-449-9949 or email at support@iamentalhealth.ca

Referral Services

Name of resource	Brief description of resource	How can you access the information?
ConnexOntario	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 Click here for more information
Access MHA: Regional Coordinated Access	Find mental health and/or substance use health support, services, and care. Individuals will connect with a trained mental health professional who will connect you to the services you need from a network of partner organizations.	Click here to book an appointment For questions, please contact inquiries@accessmha.ca

Regional and Crisis Resources

Environmental Scan



REGIONAL AND CRISIS RESOURCES

Find provincial wide crisis lines and regional lines.

Provincial Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
Wellness Together Canada	National crisis text message support available 24 hours a day, 7 days a week. Phone counseling available 24 hours a day, 7 days a week.	Text WELLNESS to phone number 741741 (standard text messaging rates may apply) Call: 1-866-585-0445 Click here for more information
Hope for Wellness Help Line	National phone or online chat available 24 hours a day, 7 days a week 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
Distress and Crisis Ontario (DCO)	A free confidential text message and/or online chat program to provide support for people experiencing emotional distress or crisis. The service is available from 2 pm to 2 am (ET) every- day, 356 days a year. They also have a listing of distress/crisis phone numbers for these regions: Ottawa, Durham, Peel, Halton, Lanark, Leeds, Grenville, Kingston, Nunavut, Peterborough, Niagara, Northern Ontario, and Sarnia-Lambton.	Text SUPPORT to phone number 258258 (standard text messaging rates may apply) Click here for online chat Click here for listing of phone numbers
Talk Suicide Canada	National crisis phone line available 24 hours a day, 7 days a week. Text message support is available from 4 pm to 12 am (ET). French text support is currently unavailable.	Call: 988 Text message: 988 Click here for more information

Region Specific Resources

Name of resource	Brief description of resource	How can you access the information?
Crisis Outreach and Support Team (COAST) in Hamilton	Crisis phone line serving Hamilton and the region is open to anyone 24 hours a day, 7 days a week.	Call: 905-972-8338 Toll Free: 1-844-972-8338 Click here for more information

Regional and Crisis Resources

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Gerstein Crisis Centre in Toronto	Crisis services include 24/7 telephone support, in-person mobile crisis team, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. Over the phone interpretation services are available in over 180 languages.	Call: 416-929-5200 Click here for more information
Distress Centre Ottawa and Region	Distress and crisis phone lines serving Ottawa and the region available 24 hours a day, 7 days a week. Text message and online chat available from 10 am to 11 pm (ET) everyday, 365 days a year.	Crisis Call: 613-722-6914 OR Toll-Free: 1-866-996-0991 Distress Call: 613-238-3311 Text message: 343-306-5550 Click here for online chat
Warm Line & Peer Crisis Support	These services provide non-crisis and crisis live support from a recovery and peer informed perspective in the York Region, South Simcoe and North York areas. Phone line available 24 hours a day, 7 days a week. Online chat available 10 am to midnight (ET).	Call: 1-888-777-0979 Click here for online chat
Crisis Line in Ottawa and Region	Crisis phone line serving Ottawa and the region available 24 hours a day, 7 days a week. Available in French and English. Serving regions Ottawa, Prescott & Russell, Renfrew, Stormont, Dundas & Glengarry, and Akwe- sasne.	Call: 613-722-6914 Toll-Free: 1-866-996-0991 Click here for more information
York Support Services Network (YSSN)	Crisis phone line, text message and online chat serving York Region or South Simcoe available 24 hours a day, 7 days a week.	Call: 310-COPE (2673) Text 1-855-310- 2673 Toll-Free: 1-855-310-COPE (2673) Click here for online chat
Here 24/7 in Waterloo and Wellington	Crisis and support phone line serving Waterloo and Wellington regions available 24 hours a day, 7 days a week.	Call: 1-844-HERE-247 (1-844-437-3247) You'll be asked for the reason for your call. The crisis queue will be prioritized and answered by a person.

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
and find additional resources.

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