

MENTAL HEALTH RESOURCE LIST

ORGANIZATIONAL RESOURCES

	CONTACT NAME	PHONE	E-MAIL
Human Resource Department			
Employee Assistance Program (EAP)			
Member of Managerial Team			
Wellness/Health Centre			
Occupational Health Nurse			
Other			

COMMUNITY RESOURCES

	NAME	PHONE	LOCATION
Family Doctor			
<i>If you are not in immediate crisis, your family doctor is often a good starting point to begin to get help and a referral to appropriate services, including counselling and psychiatric treatment.</i>			
Local Crisis Response Team			
Psychiatric Emergency Services			
Local branch of the Canadian Mental Health Association (CMHA)			
Mood Disorder Services			
Addiction Services			
Help Line			
Family Services			
Family Support			
Return-to-Work Consulting			
Online Information & Tools	Mental Health Works	Toll-free: 1-800-875-6213 ext. 4120	www.mentalhealthworks.ca