



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

- www.halton.cmha.ca
- Twitter: @cmhahalton
- Facebook: @cmha.halton
- 1-877-693-4270
- Free Call-In Counselling: 289-291-5396
- 24/7 COAST Crisis Line: 1-877-825-9011

 **BounceBack[®]**
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1-866-345-0224



Helpful Apps

- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier



Other Websites

- camh.net
- mentalhealthhelpline.ca
- wrspc.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca



FREE online resource to help employers - large or small, in the public or private sector - assess, protect and promote psychological health and safety in their workplaces.

Provides 8 steps, with corresponding action items for employers to follow.

www.guardingmindsatwork.ca