

Mental Health Resources

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Bilingual - English/French:

[Wellness Together Canada Portal: Mental Health and Substance Use Support](#) -

Free counseling with qualified mental health professionals

[Mental Health and the COVID-19 Pandemic](#) - Resources to cope with stress and anxiety relating to COVID-19, including self-help tools to assess and manage your stress

[Anti-racism resources](#) (not all resources are bilingual)

[Crisis Text Line](#): Text with a trained crisis counsellor, 27/7. **Text HOME** to 686868 in Canada, or to 741747 [in the US](#).

[Hope for Wellness](#) - Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

[Trans Lifeline](#) - Hotline staffed by transgender people for transgender people, Any day from 10:00 am – 4:00 am EST

English Only:

[Healing in color](#) - Directory of BIPOC therapists

[Talk for Healing](#) - Offers help for Indigenous women providing support and resources seven days a week, 24 hours a day, with services in 14 languages

[Guide to Allyship](#) - Resource for individuals trying to become better allies

[POC Online Classroom](#): Resources on self-care, mental health care and healing for People of Colour



[Liberate](#): Meditation app designed to address the specific needs and experiences of the Black, Indigenous and People of Colour Community (BIPOC)

[No Stigmas](#): Free, virtual workshops on how to care for yourself and advocate for your own mental health, as well as for your community

French Only

[Pandémie de la COVID-19: conseils psychologiques et informations au grand public](#) - lots of information, articles, and resources **in French**, vetted by mental health professionals

