



Mental Health Resources



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Congenital heart disease affects over 257,000 Canadians. Many experience mental health issues living with their CHD.

CCHA conducted a Mental Health survey* in October of 2020. We received 66 responses from across Canada.

88% of adults living with #CHD have experienced mental health challenges at some point.

75% of those living with CHD have discussed mental health concerns with a healthcare professional. Only 41% have been referred for mental health services by those same providers or another healthcare provider?

46% of those living with CHD don't feel like their mental health has been addressed as a priority by their health care providers.

Currently there are no programs to address CHD-related anxiety and depression and only 1 dedicated CHD psychologist in Canada.

CCHA continues to advocate for mental health resources and support for those living with CHD. The resources provided below are to provide support and assistance with mental health issues.

Ressources en santé mentale

Les cardiopathies congénitales touchent plus de 257 000 Canadiens. Beaucoup ont des problèmes de santé mentale en vivant avec leurs malformations cardiaques.

L'ACCC a mené une enquête sur la santé mentale * en octobre 2020. Nous avons reçu 66 réponses de partout au Canada.

88% des adultes vivant avec #CHD ont connu des problèmes de santé mentale à un moment donné.

75% des personnes atteintes de cardiopathies congénitales ont discuté de problèmes de santé mentale avec un professionnel de la santé. Seulement 41% ont été référés pour des services de santé mentale par ces mêmes prestataires ou un autre professionnel de la santé?

46% des personnes atteintes de cardiopathies congénitales n'ont pas le sentiment que leur santé mentale a été traitée en priorité par leurs fournisseurs de soins de santé.

À l'heure actuelle, il n'existe aucun programme pour traiter l'anxiété et la dépression liée aux cardiopathies congénitales et seulement 1 psychologue spécialisé dans les cardiopathies congénitales au Canada.

CCHA continue de plaider en faveur des ressources et du soutien en santé mentale pour les personnes atteintes de cardiopathie congénitale. Les ressources fournies ci-dessous visent à fournir un soutien et une assistance pour les problèmes de santé mentale.

To see a list of resource by province, click [here](#)

[Anxiety Canada](#)

The association's mission is to promote awareness of anxiety disorders and support access to proven resources and treatment. Resources for all ages.

[Canadian Mental Health Association \(CMHA\)](#)

Mental health for all. Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada.

[Certified Listeners](#)

We're here to listen to you, support you, and guide you in the right direction.

[Crisis Services Canada](#)

1-833-456-4566 or text 45645

Connecting local distress centre professionals together as a virtual national suicide helpline. If you're thinking about suicide, are worried about a friend or loved one, the Canada Suicide Prevention Service is available 24/7 for voice and 4pm to 12am ET for text.

[Mental Health Commission of Canada](#)

We are part of several initiatives, undertaken with other health-care organizations across Canada, that seek to increase access to high-quality mental health services.

[Mood Disorders Society of Canada](#)

The Mood Disorders Society of Canada (MDSC) has evolved to become one of Canada's best-connected mental health NGOs with a demonstrated track record for forging and maintaining meaningful and sustained partnerships with the public, private and non-profit sectors throughout Canada.

[Your Life Counts](#)

Our online lifeline and extensive web resource at www.yourlifecounts.org runs in parallel with our offline community outreach and support services. Find support numbers to crisis lines and distress centers in your Country and state/Province.

Youth

[Kids Help Phone](#)

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868 Phone | Text | Chat | Messenger.

Available 24 hours a day to Canadians aged 5 to 29 who want confidential and anonymous care from professional counsellors.

[Good2Talk](#)

Good2Talk provides confidential support services for post-secondary students in Ontario and Nova Scotia.

[Wellness & Emotional Support for youth online:](#)

To provide wellness and emotional support for youth through online professional counselling in a safe, secure, and confidential manner.

[YMHC: Youth Mental Health Canada](#)

To provide youth mental health and wellness education through our tool kit of resources and aids. To support students, parents/families and educators in promoting mental wellness. To increase students' sources of strength, awareness, resilience and support.

[Breathr](#)

Developed by the [BC Children's Kelty Mental Health Resource Centre](#) and [BC Children's Centre for Mindfulness](#), along with young people, this **free** app provides ways to get started with mindfulness.

[OneStopTalk](#)

Free service provides immediate access to mental health services, when they're needed, wherever they're needed for children and youth age 0-17 or parents/caregivers are welcome to connect to the service with their child to ensure access. They provide culturally safe and appropriate support to every corner of Ontario. Available in multiple languages and certified therapists' experiences and backgrounds are as diverse as the communities they support

[The Mindful Adventures of Unicorn Island](#)

A family-friendly animated series of 10-minute episodes with a diverse cast, that introduces and teaches children mindfulness skills to help kids learn how to regulate their emotions in day-to-day life. Children will learn mindfulness tools and mental health principles, like meditation and breathing exercises to help navigate stressful situations

Indigenous

[Hope for Wellness Help Line](#)

Call 1-855-242-3310 (toll-free) or online chat. 24 hours a day, 7 days a week

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Experienced and culturally sensitive help line counsellors can help if you want to talk or are distressed.

COVID-19 Resources

[CAMH](#)

[Mental Health Commission](#)

Apps and Resources

[Calm Together](#)

Free mindfulness based resources

Free University of Toronto course on managing anxiety: <https://www.coursera.org/learn/manage-health-covid-19>

Community and Peer Support

[Anxiety Panic Support](#)

Online chat group for people struggling with anxiety

[Canadian Caregiver Network](#)

A community dedicated to your well-being where you can exchange with our network of professionals and others like you.

[TogetherAll](#) (formerly Big White Wall)

An online peer-to-peer support community for your mental health

International

[Conquering CHD](#)

Through social media we offer open and closed forums to learn, chat, grow, and ask questions in a safe environment.

[Mended Hearts and Mended Little Hearts](#)

Joining Mended Hearts connects you instantly to patients and caregivers just like you who understand the needs of cardiovascular disease patients. The Mended Hearts program provide counselling and emotional support at the hospital bedside, one-to-one support after discharge, plus a variety of helpful support group meetings, educational materials, online events and social activities.

[Support Network](#)

Social support from people with similar diseases or experiences from CHD to Emotional Wellbeing and others.

MENTAL HEALTH SUPPORT BY PROVINCE

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Alberta

[Distress Centre](#)

403-266-4357

[Canadian Mental Health Association - Alberta Division](#)

780-482-6576

[The Outreach Centre](#)

Suicide Information and Education Services

403-347-2480

[Psychologists Association of Alberta - Find a Psychologist](#)

1-888-424-0297

British Columbia

[Bounceback BC](#)

Guided workbook to manage anxiety – requires referral on website (see attached, can be GP or self)

[Canadian Mental Health Association](#) - British Columbia Division

1-800-555-8222

[HeretoHelp](#)

1-800-661-2121

[Youth in BC](#)

Greater Vancouver Area:

604-872-3311

Howe Sunshine & Sunshine Coast:

1-866-661-3311

[Aboriginal Wellness Program](#)

604-675-2551 or 1-866-884-0888

[B.C. Psychological Association](#) - Find a Psychologist

604-730-0501

Manitoba

[Manitoba Suicide Prevention Line "Reason to Live"](#)

1-877-435-7170

[Klinic Crisis Line](#)

1-888-322-3019

[Canadian Mental Health Association](#) - Manitoba Division

204-982-6100

[Klinic Community Health](#)

204-784-4090

[Mental Health Education Resource Centre of Manitoba](#)

1-855-942-6568

[Manitoba Psychological Society](#) - Find a Psychologist

204-488-7398

New Brunswick

[Chimo Helpline](#)

1-800-667-5005

[Canadian Mental Health Association](#) - New Brunswick Division

506-455-5231

[College of Psychologists of N.B.](#) - Find a Psychologist

506-382-1994

Newfoundland and Labrador

[Mental Health Crisis Line](#)

1-888-737-4668

[**Canadian Mental Health Association**](#) - Newfoundland and Labrador Division

1-877-753-8550

[**Mental Health and Addictions Services triage line**](#)

1-844-353-3330

[**Association of Psychology in Newfoundland and Labrador**](#) - Find a Psychologist

709-739-5405

Northwest Territories

[**Northwest Territories Help Line**](#)

1-800-661-0844

[**Department of Health and Social Services**](#)

1-867-767-9061

Nova Scotia

[**Mental Health Mobile Crisis Line**](#)

1-888-429-8167

[**Canadian Mental Health Association**](#) - Nova Scotia Division

1-877-466-6606

[**Association of Psychologists of Nova Scotia**](#) - Find a Psychologist

Nunavut

[**Nunavut Kamatsiaqtut Help Line**](#)

1-800-265-3333

Ontario

[**Bounceback Ontario**](#)

Guided workbook to manage anxiety – requires referral on website (can be GP or self)

[**Good2Talk**](#)

1-866-925-5454 or text GOOD2TALKON to 686868

[**Gerstein Crisis Centre**](#)

416-929-5200

[**Mental Health Crisis Line**](#)

In Ottawa: 613-722-6914

In the larger Ottawa area: 1-866-996-0991

ONTX Ontario Online & Text Crisis Service

Text 258258

[**District and Crisis Ontario Helplines**](#)

416-486-2242

[**Connex Ontario**](#)

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area.

1-866-531-2600

[Ontario Psychological Association](#) - Find a Psychologist

416-961-5552

[Canadian Mental Health Association](#) - Ontario Division

[Counseling and Crisis Resources](#)

1-800-875-6213

[Reconnect](#)

416-248-2050

[Ontario Victim Support Line](#)

1-888-579-2888

[Toronto Distress Centre](#)

416-408-4357 or text 45645

Prince Edward Island

[The Island Helpline](#)

1-800-218-2885

[Canadian Mental Health Association](#) - Prince Edward Island Division

902-566-3034

[Psychological Association of Prince Edward Island](#) - Find a Psychologist

Quebec

[Centre de Prevention du Suicide de Quebec](#)

1-866-277-3553

[AMI-Quebec](#) - FR

1-855-272-7837

[AMI-Quebec](#) - EN

514-486-1448 1-877-303-0264 outside Montreal

[AQPAMM](#)

Association Québécoise pour les Parents et Amis de la Personne Atteinte de Maladie Mentale – Montréal

514-524-7131

[Centre de Prevention du Suicide du Haut-Richelieu](#)

450-348-6300

[Mouvement SanteMentale Quebec](#)

514-849-3291

Saskatchewan:

[Saskatoon Crisis Intervention Service](#)

306-933-6200

[Mobile Crisis Services](#)

306-757-0127

[Canadian Mental Health Association](#) - Saskatchewan Division

1-800-461-5483

[Psychology Association of Saskatchewan](#) - Find a Psychologist

Yukon

Yukon Crisis Line

403-668-9111

Yukon Health and Social Services

1-866-456-3838 (area code 867)

Mood Disorders Society of Canada - Yukon Division

1-867-667-8346

Canadian Mental Health Association - Yukon

1-867-668-6429 – to book appointment

Reach Out Support Line

1-844-533-3030

*The mental health survey was conducted in partnership with MacEwan University NURS 424 students in October 2020.

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Tags:

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[#1in100](#)

[#CHD](#)

[#ACHD](#)

[#CardiopathieCongenitale](#)

[heart](#)

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