

RESOURCES MENTIONED IN THIS TALK:

- Regent College – [Sanctuary Mental Health Ministries](#); Faith, Grief and COVID, and The Sanctuary Course
- [Soulplay.ca](#) Retreats for the soul – director Christa Hesselink
- Tara Haelle’s article: [“Your Surge-capacity is Depleted; It Is Why You Feel Awful”](#)
- Kristen Neff – [Self-Compassion.org](#)

MENTAL HEALTH RESOURCES

- Family Services Toronto—Sliding Scale Call **416-595-9618** to speak to a Family Service staff member: <https://familyservicetoronto.org/>
- Hard feelings—sliding scale; short term therapy (12 sessions max): <https://www.hardfeelings.org/counselling/>
- Mind Beacon CBT (currently no cost for residents of Ontario; online; self-guided w/support from a therapist): <https://www.mindbeacon.com/>
- Toronto Institute for Relational Psychotherapy (low cost): <https://www.tirp.ca/lowcost>
- Wellness Together Canada (portal for free psychology services): <https://ca.portal.gs/>
- [Affordabletherapytoronto.com](https://affordabletherapytoronto.com) (website with low cost therapy in Toronto)
- Bounce Back (for youth 15+ through adults): <https://bouncebackontario.ca/>
- CCI self-help workbooks: <https://www.cci.health.wa.gov.au/Resources>
- Mood Gym: Self-guided CBT <https://www.moodgym.anu.edu.au/welcome>

CRISIS RESOURCES

Gerstein Centre Crisis Line

416-929-5200

Services offered: Non-medical crisis intervention for people experiencing a mental health or substance use-related crisis

Canada Suicide Prevention Service: (Available 24/7)

1-833-456-4566 (Toll free)

Distress Centres of Greater Toronto

416-408-4357

<https://www.torontodistresscentre.com/408-help-line>

Services offered: Distress phone line available 24 hours

Kids Help Phone

1-800-668-6868 (and chat via the Always There app)

kidshelpphone.ca

Services offered: 24-hour bilingual and anonymous phone counselling, as well as web counselling

CRISIS RESOURCES (CONT'D)

Metro Addiction Assessment Referral Service

Self referral * call Access CAMH **416-535-8501** (press 2) for initial assessment, Outpatient two-stage addiction assessment process, treatment recommendations and referrals * in-person assessment includes group and individual sessions

Assaulted Women's Helpline

416-863-0511 (in the GTA)

Survivors, family members, friends and anyone connected to an abused women