

PATIENT RESOURCES

HURON PERTH HELPLINE AND CRISIS RESPONSE 1-888-829-7484

The Huron Perth Helpline & Crisis Response Team provides crisis assessments, brief crisis therapy, education about mental health and addiction services, and treatment referrals. This service is offered 24 hours a day, 7 days a week through the helpline and in-person assessments.

ANXIETY CANADA <https://www.anxietycanada.com/>

Our mission is to reduce the barrier of anxiety so you can live the life you want. We offer trusted resources and programs to help people better understand and manage anxiety—and find the relief they need.

What is Anxiety?

<https://www.heretohelp.bc.ca/infosheet/what-is-anxiety#anxiety>

ADD MAGAZINE <https://www.additudemag.com/>

Contains feature and service articles about ADD, ADHD and comorbid conditions including depression, anxiety, and learning disabilities like dyslexia.

COPING WITH DEPRESSION <https://www.nimh.nih.gov/health/topics/depression>

Signs & Symptoms of Depression:

<https://www.beyondblue.org.au/mental-health/depression/signs-and-symptoms>

Supporting a Spouse Living with Depression:

https://www.huffpost.com/entry/depression-spouse_b_7557410

Pregnancy and Infant Loss:

[https://www.grhosp.on.ca/care/services-departments/childbirth/helpful-links-and-resources/pregnancy-loss#:~:text=Pregnancy%20and%20Infant%20Loss%20Support,\)%20%E2%80%93%20519%2D242%2D4672](https://www.grhosp.on.ca/care/services-departments/childbirth/helpful-links-and-resources/pregnancy-loss#:~:text=Pregnancy%20and%20Infant%20Loss%20Support,)%20%E2%80%93%20519%2D242%2D4672)

Queen's University CBTi:

www.mysleepwell.ca

Taking Care of Your Mental Health: <https://fountainofhealth.ca/wellbeing/mental-health>

3-DIGIT DIALING CODES FOR ESSENTIAL SERVICES

211 referrals to community, social, health and government services

311 non-emergency municipal government services

411 directory assistance to find a telephone number

511 roads and traveler information

711 message relay for telephone devices for the deaf

811 non-urgent health care advice and triage services

911 emergency police, fire and paramedic services

988 mental health and suicide prevention services (Nov 2023)

COPING WITH CHRONIC PAIN <https://backincontrol.com/>

CHILDREN'S MENTAL HEALTH AGENCIES

<http://www.hpcentre.on.ca/>

<https://www.keystonebrucegrey.org/>

<https://wesforyouthonline.ca/>

Crossing Bridges – Virtual Substance Use counselling for youth. www.crossingbridges.ca

One Stop Talk - Free service that immediately connects youth (0-17) to a professional therapist from a network of community-based child, youth and family mental health agencies across Ontario.

www.onestoptalk.ca

Kids Help Phone – <https://kidshelpphone.ca>

Text CONNECT to 686868

Call 1-800-668-6868

ADHD in Children – Helpguide.org

<https://www.helpguide.org/articles/add-adhd/attention-deficit-disorder-adhd-in-children.htm>

PARENTING PROGRAMS

<https://www.rrhc.on.ca/>

<https://www.hpph.ca/en/classes-clinics-and-services/prenatal-and-parenting.aspx>

<https://www.publichealthgreybruce.on.ca/Your-Environment/Healthy-Schools/Parent-Resources>

<https://ontariocaregiver.ca/for-caregivers/>

ADULT MENTAL HEALTH AND ADDICTION AGENCIES

<https://cmhahuronperth.com/>

<https://greybruce.cmha.ca/>

<https://www.hpha.ca/listowelmentalhealth>

<https://www.amgh.ca/communitypsychservices>

www.swsselfmanagement.ca

www.agriculturewellnessontario.ca (Farm families only)

CAMH – www.camh.ca

Concordia University - <https://www.concordia.ca/health/mental-health.html>

Southwest Health Line - <https://www.southwesthealthline.ca/>

Low Cost Online Counselling - <https://everwellcounselling.ca/blog-counselling-psychotherapy-mental-health/where-can-i-find-low-cost-online-counselling-in-ontario>

COPING APPS (free) AND SELF-HELP RESOURCES

mindshift <https://www.anxietycanada.com/resources/mindshift-cbt/>

my possible self <https://www.mypossibleself.com/>

smiling mind <https://www.smilingmind.com.au/smiling-mind-app>

insight timer <https://insighttimer.com/en-ca>

breath-r <https://apps.apple.com/ca/app/breathr-mindful-moments/id1213963384>

hope <https://apps.apple.com/ca/app/hope-by-camh/id1527950198>

Self-help resources – www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

Wellness Together Canada:

www.wellnesstogether.ca

MoodFX:

www.moodfx.ca

Mindful:

www.mindful.org

Coping Skills and Relaxation Resources:

<https://www.innerhealthstudio.com/>

Coping Skills

Coping skills help us get through difficult times - they can give us an important break from mental and emotional distress, and sometimes they are literally life-saving.

Keep this list of coping skills handy for when you need it... folded up in your wallet or bag or post it up on the wall somewhere handy at home.

Make this list work for you
Use a highlighter pen to mark the skills that work best for you & add your own ideas over the page.

Distraction

Absorb your mind in something else

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

Pros

Gives your heart & mind a break.
Great for short term relief.
Great to get through a crisis.

Cons

Can't do it for too long. Doesn't resolve any underlying issues. Meds can make it hard to concentrate.

Grounding

Get out of your head & into your body & the world

Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

Pros

Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).
Reduces physicality of anxiety.

Cons

Sometimes it's better to stay a bit dissociated (that's how your mind protects you).

Emotional Release

Let it out!

Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!

Pros

Great for anger and fear.
Releases the pressure of overwhelming emotion.

Cons

Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)

Self Love

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.

Pros

Become your own best friend, your own support worker.
Great for guilt or shame.
You deserve it!

Cons

Sometimes can feel really hard to do, or feel superficial (but it's not).

Thought challenge

Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts - what advice would you give them?

Pros

Can help to shift long-term, negative thinking habits.
Trying to be more logical can help reduce extreme emotion.

Cons

The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.

Access your higher self

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

Pros

Reminds us that everyone has value and that purpose can be found in small as well as large things.

Cons

Don't get stuck trying to save everyone else and forget about you!

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room / closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

BOYS TOWN
National Hotline

www.yourlifeyourvoice.org