



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**

ShineHHS.ca

Mental Health Resources

available online, in the community and through HHS

Online Resources:

CAMH (Centre for Addition & Mental Health)

<http://www.camh.ca>

Anxiety Disorders Association of Canada

<http://www.anxietycanada.ca/>

MentalHelp.net 1-888-993-3112

<https://www.mentalhelp.net/>

Canadian Mental Health Association

<https://cmha.ca/>

Canadian Association for Suicide Prevention

<https://www.suicideprevention.ca/>

Mental Health Commission of Canada

<https://www.mentalhealthcommission.ca/English/>

Shine Programs

- Physical Activity: FREE wellness centre access
- Mindfulness for Lunch
- Lunchtime Sessions
- 'Cope Well' webpage (links and helpful tips)



www.shinehhs.ca

EAP Contact Information: 24/7 confidential assistance



<https://login.lifeworks.com/> Login: **HHSC** Password: **MSSI**



1-888-521-8300

Community Resources

COAST: 24/7 support for those experiencing a mental health crisis. A multidisciplinary team consisting of child and youth crisis workers, mental health workers, nurses, social workers and plain-clothes police officers: **905-972-8338**

Barrett Centre: Provides a safe place in the community where individuals can receive help in resolving a personal crisis. **905-529-7878**
<https://www.goodshepherdcentres.ca/barrett-centre-for-crisis-support>

Youth Wellness Centre (St. Joseph's Healthcare): Safe, accessible environment for young people age 17 to 25 to receive expert mental health and substance use care by self-referral.

Telephone Hotlines

Mental Health Helpline: 24/7 free and confidential mental health support services
1-866-531-2600

Drug & Alcohol Helpline: 24/7 free and confidential support for drug and alcohol addiction
1-800-565-8603

Problem Gambling Helpline: 24/7 free and confidential support for problem gambling
1-888-230-3505

Workplace Resources

- **Workplace Strategies for Mental Health:**
<https://www.workplacesstrategiesformentalhealth.com/>
- **Stress Strategies:**
<https://www.stressstrategies.ca/>
- **Antidepressant Skills at Work:**
<http://www.comh.ca/antidepressant-skills/work/>
- **Guarding Minds @ Work:**
<https://www.guardingmindsatwork.ca/>



Live answer 24/7.

**Confidential,
anonymous & free.**

Drug and Alcohol Helpline
Mental Health Helpline
Ontario Problem Gambling Helpline