

# LIST OF RESOURCES FOR CARE AND MENTAL HEALTH

Taking care of ourselves as agents of social change is critical for our well-being and the sustainability of our movements and work. The wicked challenges we are up against are systemic and will not change overnight, which means we need to approach this work with the collective and long-term nature of social change in mind. Taking care of ourselves is not only about thinking about avoiding experiences like burnout but helps us ensure we can show up in the work as our most vibrant selves. Building caring collective spaces and work environments benefits everyone and will help us build the mass movements systemic change demands.

You can think of the resources below curated by the Tamarack team as starting points for how we can think about taking care our mental health as changemakers. Please note, these resources were curated for the context of so-called Canada.

## General Helplines and Immediate Support

If you're in immediate danger or need urgent medical support, call 9-1-1.  
If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

For emotional crisis referral services and information on other health supports visit the [Mental health support: get help - Canada.ca](https://www.gethelp.ca) support page (EN/FR).

To connect with a mental health professional one-on-one:

- call 1-888-668-6810 or text WELLNESS to 686868 for youth
- call 1-866-585-0445 or text WELLNESS to 741741 for adults

## More places to start

A family doctor or local nurse practitioner can help assess what you are experiencing, co-develop coping strategies, prescribe medications, and refer you to a psychiatrist or other support services as needed. For some communities, traditional healers and spiritual leaders can also be a key source of support for managing mental health and well-being.

You may also want to talk to other trusted professionals, such as a counsellor. Consider the [Canadian Counselling and Psychotherapy Association](#) as a starting point in finding the right fit, in a counsellor/psychotherapist. Keep in mind that when accessing mental health professionals, you may be required to pay out-of-pocket depending on whether you have private insurance, are eligible for government funded subsidy programs, or obtain a referral from a doctor.

You can also access up to [four free psychotherapy sessions](#) for individuals who have been affected by workplace trauma through Culture Check's partnership with Fruit from the Roots.



## Indigenous Supports:

- Helpline by Indigenous Women for Indigenous Women Phone (24/7): 1-855-554-4325
- Indigenous peoples across Canada can also go to The Hope for Wellness Help Line 24 hours a day, 7 days a week for counselling and crisis intervention. Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat.

- Indian Residential School (IRS) 24/7 Crisis Line. Phone (24/7): 1-866-925-4419. For emotional crisis referral services and information on other health supports from the Government of Canada.
- Missing and Murdered Indigenous Women and Girls Support Line. Phone: 1-866-818-3505
- [Blackbird Medicines: Plant and land-based spiritual and cultural wellness practice](#)



## Black Community Supports:

For culturally relevant mental health supports contact:

- [Black Mental Health](#)
- [Alberta Black Therapist Network](#)
- [Counselling Connect – African, Caribbean & Black \(ACB\) Mental Health Peer Support Group](#)

## Asian Community Supports:

For culturally relevant mental health supports contact:

- [Mental Health Support for the Asian Canadian Community and Beyond, cold tea collective](#)
- [Asian Mental Health Resources, jack.org](#)
- [Community Care, Asian Mental Health Project](#)



## Gender Based Violence:

- If you're experiencing gender-based violence, you can [access a crisis line](#) in your province or territory.
- [Response to the June 2023 Hate Acts at the University of Waterloo Campus \(tamarackcommunity.ca\)](#)

## Two-Spirit, Indigiqueer, Trans, and Queer Supports:

- [Mental Health Peer Support Manual for Indigiqueer, Two-Spirit, LGBTQ+, and Gender Non-Conforming Indigenous Youth, Native Youth Sexual Health Network](#)
- [It Gets Better Canada: Get Help Resource List](#)
- [Gender Creative Kids: Resource Hub](#)

## Supports to help you in the interim when accessing the resources listed above:

Culture Check's [Tools & Resources](#) to support the career development of racialized professionals (including the [Monthly Peer Group](#) for racialized professionals).

Journaling prompts and other reflection tools to process and hold what you are feeling:

[School Mental Health Ontario: Journaling 101](#)  
[Black Emotional and Mental Health Collective](#)  
[So Lightly Living Prompts for Mental Health](#)

Breathing exercises for dealing with stress and anxiety:  
[Healthline: 10 Breathing Techniques](#)  
[Kids Help Phone: Breathing Balloon](#)  
[Belly breathing exercise: Calming the body and mind](#)

## The power of collective work

**Engaging in cross-sector partnerships** focused on something you care about can be another support for individual (and collective) mental health and healing.

- Through conversations with people holding space for partnerships, Collective Change Lab learned that: "when partnerships are designed for deep relational work, space for healing, inviting in the sacred, inner change that leads to outer change, and transforming power dynamics, they can reduce some of the burdens and stress associated with tackling complex social issues like poverty and climate equity (Stanford Social Innovation Review, 1/2023)." [Read more here.](#)
- Partnerships can be the ground for new friends and allies, collaboration, resource sharing, and diverse perspectives that can inspire learning, self-awareness and approaches. And working with others can help combat feelings of isolation and lack of agency and burnout – particularly when we partner with people with different gifts and resources that us. Relationship-oriented partnerships designed around addressing the very inequities that upset our mental health can be spaces to bolster it.

Another way we can support the mental health of our partners and co-conspirators is by **creating a culture of allyship** where every colleague, regardless of their background, feels valued and respected.

- Working in a diverse and inclusive organization offers many personal and professional benefits, including improved health and wellness, greater engagement at work, and increased innovation and creativity. This [free online self-paced course](#) from the Government of Canada presents strategies for becoming an advocate for equity, diversity and inclusion (EDI) in the workplace. Participants will learn about the key concepts of allyship and how to communicate more inclusively, while gaining awareness of their own values and social perspectives.



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