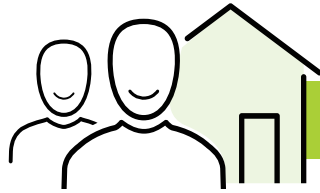


# Environmental Scan

## Resources for coping with and adjusting to dialysis

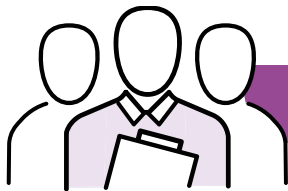
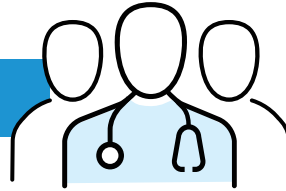
In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for Newfoundlanders/Labradorians on dialysis.

We encourage you to see what is a good fit for you. In addition to using these resources, we encourage you to talk with your healthcare providers.



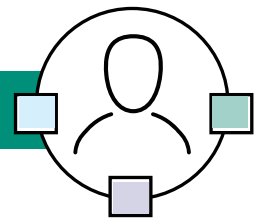
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered for people living in Newfoundland and Labrador, Canada. These documents were created to serve as an inventory of resources intended for online use. The links were last verified in August 2025.

# Information on Mental Health

## Environmental Scan



### INFORMATION ON MENTAL HEALTH

Resources that help explain what mental wellness and illnesses are, how to manage them, and where to find further help.

#### Information on Mental Wellness for People Living with Dialysis or Kidney Disease

Name of information resource	Brief description of resource	How can you access the information?
American Kidney Fund	Learn about the impact kidney disease has on maintaining your mental health.	<a href="#">Click here to access</a>
Kidney Foundation	Watch a webinar about living with chronic kidney disease and its impact on mental health.	<a href="#">Click here to access</a>
Kidney Foundation	Access videos for strategies to coping with kidney disease.	<a href="#">Click here to access</a>
Kidney Info Portal	Access a portal with various resources available for kidney patients.	<a href="#">Click here to access</a>
Kidney Wellness Toolkit	A webinar on building a wellness toolkit for living with chronic kidney disease.	<a href="#">Click here to access</a>
Kidney Research UK	Learn about kidney disease and hear from lived experiences on how to manage it.	<a href="#">Click here to access</a>
Life Options	Learn about kidney disease, how to live with it, and ways to feel your best.	<a href="#">Click here to access</a>
My Kidneys My Health	Discover information and tips on how to live with CKD.	<a href="#">Click here to access</a>
National Kidney Foundation	Information on numerous kidney-related topics. Learn about social determinants, living with the disease, and more.	<a href="#">Click here to access</a>
PsychoNephrology	Learn about kidney disease and how it affects mental health.	<a href="#">Click here to access</a>

#### General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
Anxiety & Depression Association of America	Learn about depression and ways to manage depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about depression tips</a> <a href="#">Click to learn about anxiety tips</a>
BridgetheGapp	Find general information on depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
Canadian Psychological Association	Find information and facts about depression.	<a href="#">Click here to access</a>
Depression, anxiety, & stress test	Read articles that provide information on depression, anxiety, and stress.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a> <a href="#">Click to learn about stress</a>
Depression Hurts	Discover the potential signs of depression from a holistic approach. Available in English, French, Chinese (simplified), and Punjabi.	<a href="#">Click here to access</a>

# Information on Mental Health

## Environmental Scan



<b>Depression in Older Adults - You are Not Alone!</b>	Learn about depression in older adults: common symptoms, diagnosis, and treatment.	<a href="#">Click here to access</a>
<b>eMentalHealth</b>	Find information about depression and anxiety. Learn about symptoms, types, coping strategies, and more.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
<b>FamilyDoctor</b>	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	<a href="#">Click here to access</a>
<b>HeadsUpGuys</b>	Find information and resources uniquely for men regarding mental health and preventing and managing depression.	<a href="#">Click here to access</a>
<b>Informed Choices About Depression</b>	Provides general information about depression and depression treatment.	<a href="#">Click here to access</a>
<b>Mayoclinic</b>	Get an overview of depression and more about the disorder.	<a href="#">Click here to access</a>
<b>MedlinePlus</b>	Find numerous pieces of information and topics related to depression.	<a href="#">Click here to access</a>
<b>Mood Disorders Society of Canada</b>	Find support resources and links for depression, bipolar disorder, anxiety, building resilience.	<a href="#">Click here to access</a>
<b>Students Against Depression</b>	Find information and resources for depression, anxiety, trouble sleeping or concentrating, and suicide.	<a href="#">Click here to access</a>
<b>The LifeLine Canada Foundation</b>	Find information relating to depression and anxiety.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>

### General Mental Health Information

<b>Name of information resource</b>	<b>Brief description of resource</b>	<b>How can you access the information?</b>
<b>eMentalHealth</b>	Learn about common mental health topics such as stress, sleep, self-compassion, and self-harm.	<a href="#">Click to learn about stress</a> <a href="#">Click to learn about sleep</a> <a href="#">Click to learn about self-compassion</a> <a href="#">Click to learn about self-harm</a>
<b>Government of Canada</b>	Find information on what mental health is and why it is important.	<a href="#">Click here to access</a>
<b>Government of Canada</b>	Services and general information related to mental health, contributed by the Public Health Agency of Canada and Health Canada.	<a href="#">Click here to access</a>
<b>Hong Fook Mental Health Association</b>	Read information about anxiety, depression, stress, emotions, and health in English, Mandarin, Cantonese, Korean, and Vietnamese.	<a href="#">Click here to access</a>
<b>Kidney Foundation of Canada, NL Region</b>	Find contact information and events from the Newfoundland and Labrador branch of the Kidney Foundation of Canada.	<a href="#">Click here to access</a>

# Information on Mental Health

## Environmental Scan



<b>Mental Health Commission of Canada</b>	Discover some common myths and misconceptions regarding mental health and mental health care.	<a href="#">Click here to access</a>
<b>Multicultural Mental Health</b>	Find mental health resources and information in over 25 languages.	<a href="#">Click here to access</a>
<b>My Mental Health</b>	Learn about Mental Health First Aid (MHFA) and how to aid people in crisis.	<a href="#">Click here to access</a>
<b>Well Central</b>	Take courses on managing mental wellness.	<a href="#">Click here to access</a>

# Resources for your Self-care

## Environmental Scan



### RESOURCES FOR YOUR SELF-CARE

Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

#### Self-care tools specifically for People Living with Dialysis or Kidney Disease

Name of resource	Brief description of resource	How can you access the information?
<b>Davita Kidney Care</b>	Learn about kidney disease, how to manage the disease, and find diet and nutrition tips.	<a href="#">Click here to access</a>
<b>Kidney Community Kitchen</b>	Find recipes and information on how to manage a renal diet.	<a href="#">Click here to access</a>
<b>Kidney Foundation of Canada</b>	Explore resources for managing kidney health, including tips on staying active with kidney disease and webinars covering various kidney health topics.	<a href="#">Click here for active living tips</a> <a href="#">Click here for kidney webinars</a>
<b>Kidney School</b>	Discover learning modules and audiobooks about kidney and kidney disease.	<a href="#">Click here to access</a>
<b>PKD Foundation of Canada</b>	Find information on diet, nutrition, and also webinars, specifically for polycystic kidney disease (PKD).	<a href="#">Click here to access</a>

#### Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
<b>Adult ICAN Anxiety and Depression Support Program</b>	Bilingual educational program based on cognitive behavioral therapy (CBT) designed to help you better cope with your emotions. Follow the course contents and have a coach call you weekly for support. Self-referral available for residents of Newfoundland and Labrador.	<a href="#">Click here to access</a>
<b>Antidepressant Skills Workbook</b>	Self-care workbook to help you manage low mood. Workbook available in English, French, Chinese, Farsi, Punjabi, and Vietnamese. Audio available for download in English and French.	<a href="#">Click here to access</a>
<b>Centre for Clinical Interventions</b>	Find workbooks, information, and worksheets for both Depression and Anxiety	<a href="#">Click here for depression work material</a> <a href="#">Click here for anxiety work material</a>
<b>Depression Quest</b>	An interactive game where you play a character with depression. Meant to help show/ inform yourself and others that you are not alone and of the different options you can take.	<a href="#">Click here to access</a>
<b>Depression, anxiety, &amp; stress test</b>	Find techniques to manage depression, anxiety, and stress.	<a href="#">Click here for depression techniques</a> <a href="#">Click here for anxiety techniques</a> <a href="#">Click here for stress techniques</a>
<b>eMentalHealth</b>	Learn about what panic attacks are, why they happen, and tips to address them.	<a href="#">Click here to access</a>

# Resources for your Self-care

## Environmental Scan



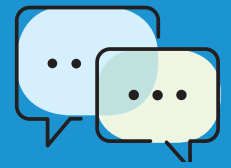
<b>Kidney Foundation of Canada</b>	A self-care fact sheet that provides ways to manage and cope with depression.	<a href="#">Click here to access</a>
<b>Not Just Talk</b>	Find easy-to-read guides and audio recordings for both depression and anxiety.	<a href="#">Click here to access</a>

### General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
<b>Black Mental Health Canada</b>	Find free workshops and events that discuss mental health for the black communities in Canada.	<a href="#">Click here to access</a>
<b>Breathr App</b>	Provides easy and fun ways to practice mindfulness along with interesting facts about the benefits of mindfulness.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>BridgetheGapp</b>	Find tools to support your mental wellness such as sleep aids, mood journals, and a mood meter.	<a href="#">Click here to access</a>
<b>BridgetheGapp- Wellness Wednesdays</b>	Register for Wellness Wednesdays, a weekly workshop on how to care for your mental health.	<a href="#">Click here to access</a>
<b>BridgetheGapp- Provincial Support Group</b>	Access a 10 week group that allows you to gain insight into your mental health.	<a href="#">Click here to access</a>
<b>Centre for Addiction and Mental Health</b>	20-minute course on mental health and depression. Learn about the basic definitions and key messages.	<a href="#">Click here for the mental health course</a> <a href="#">Click here for the depression course</a>
<b>CMHA National</b>	Take this stress questionnaire to see how elevated your stress might be.	<a href="#">Click here to access</a>
<b>Community Course: Making it Matter with Micro-Interventions</b>	Free 2-hour virtual course on coping skills and how you can support yourself through difficult times.	<a href="#">Click here for more information and to enroll</a>
<b>eMentalHealth</b>	Screening tools for self-compassion, happiness, anxiety, and depression. Should not be used as a substitute for a professional opinion.	<a href="#">Click here for the self-compassion tool</a> <a href="#">Click here for the happiness tool</a> <a href="#">Click here for the anxiety tool</a> <a href="#">Click here for the depression tool</a>
<b>eMentalHealth</b>	Learn about therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness. Different methods for self-care improvement.	<a href="#">Click here to learn about therapeutic tapping</a> <a href="#">Click here to learn about bilateral music for anxiety</a> <a href="#">Click to learn about Dialectical Behavioral Therapy</a> <a href="#">Click to learn about happiness strategies</a> <a href="#">Click to learn about grounding strategies</a>
<b>eMentalHealth</b>	A safety plan that contains a series of questions to help ground yourself and to stay safe.	<a href="#">Click here to access</a>

# Resources for your Self-care

## Environmental Scan



<b>Getting Better My Way</b>	A free self-management tool. Answer a series of questions to help create your plan.	<a href="#">Click here to access</a>
<b>How to manage and reduce stress – Mental Health Foundation</b>	Information about stress and tips on how to manage it.	<a href="#">Click here to access</a>
<b>InsightTimer</b>	A wellness tool that promotes and provides free guided meditation.	Available on App Store and Google Play. <a href="#">Click here for web access</a>
<b>Meditations – Chris Germer</b>	Download meditation audio files or written meditation instruction PDF files intended to promote mindful self-compassion.	<a href="#">Click here to access</a>
<b>Mental Healthy - F.i.T.</b>	Access films, programs and tips to find the benefits of fostering mental wellness and also the danger signs.	<a href="#">Click here to access</a>
<b>Mindfulness Exercises</b>	Find free courses, audio, worksheets, and videos about mindfulness and how it can help strengthen oneself.	<a href="#">Click here to access</a>
<b>Mindshift CBT App</b>	Learn how to relax, be mindful, and cope with anxiety using strategies based on cognitive behavioural therapy.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>Mind Your Mind</b>	Access mental health tips, interactive tools, and shared stories and experiences.	<a href="#">Click here for tips</a> <a href="#">Click here for interactive tools</a> <a href="#">Click here for stories and experiences</a>
<b>My Tools – Suicide.ca</b>	Discover tools to take care of your mental health. Tools for taking action, calming down, and more.	<a href="#">Click here to access</a>
<b>National Institutes of Health</b>	Utilize the emotional wellness toolkit to help manage emotions, reduce stress, and cope with loss. Also information on sleep and mindfulness.	<a href="#">Click here to access</a>
<b>North Simcoe Muskoka Self-Management Program</b>	Free 6-week self-management workshops to help those living with health conditions. Offered in English and French.	<a href="#">Click here to access</a>
<b>Now Matters Now</b>	Video-based website sharing the stories of others and how they survived difficult experiences. Also includes mental health worksheets, safety plans, and other tips and tools.	<a href="#">Click here to access</a>
<b>PsychHealthandSafety</b>	Self-care workbook that can help you learn to cope with health problems.	<a href="#">Click here to access</a>
<b>Safety Plan Guide</b>	Safety plan workbook to help you manage suicidal thoughts and urges.	<a href="#">Click here to access</a>
<b>Self-Compassion</b>	Self-compassion website that provides information on how to get started and some guided meditations.	<a href="#">Click here to access</a>

# Resources for your Self-care

## Environmental Scan



<b>Sunlife</b>	Provides information on meditation and gratitude journals. Discover why both are beneficial for self-care and mental health.	<a href="#">Click to learn about meditation</a> <a href="#">Click to learn about gratitude journals</a>
<b>Therapy Assistance Online (TAO)</b>	Free online wellness tools available 24/7, including psychoeducation sessions, a mindfulness library, wellness logs and journals, progress trackers, and video conferencing.	<a href="#">Click here to access</a>
<b>The LifeLine Canada Foundation</b>	Learn about coping and what unhealthy and healthy coping looks like.	<a href="#">Click here to access</a>
<b>Youth Mental Health Canada</b>	YMHC provides compassion and messages of support. You can subscribe for daily compassionate messages or you can sign up to get a compassion card.	<a href="#">Click here for compassion cards</a> <a href="#">Click here for daily compassion messages</a>

# In-person & Live Online Services

## Environmental Scan



### IN-PERSON & LIVE ONLINE SERVICES

Peer support groups, volunteer provided services, healthcare professional services, and referral services.

#### Peer Support Groups

Name of Resource	Brief description of resource	How can you access the information?
<b>BridgetheGapp Warmline</b>	A non-emergency phone line offered by trained peer supporters. 7 days a week from 10AM to 12AM.	Call: 1 855 753-2560 <a href="#">Click here for more information</a>
<b>JP Memorial Foundation</b>	Peer support program that provides wellness support for a maximum of 10 sessions. Ap-ointments can be weekly, bi-weekly, or on an as-need basis.	<a href="#">Click here for more information</a>
<b>Kidney Foundation of Canada</b>	Request individualized peer support or access online and in-person support and engagement groups. Speak with trained volunteers who have similar life experiences about what to expect when coping and learning to live with a kidney disease diagnosis.	<a href="#">Click here for more information</a>
<b>LifewiseNL</b>	Find support programs offered through different modalities, facilitated by trained staff. Services include group/peer/family support, wellness workshops, and more.	<a href="#">Click here for more information</a>
<b>SeniorsNL</b>	A phone line for seniors to receive support or those who just want to talk.	Call: 1 800 563-5599 <a href="#">Click here for more information</a>
<b>The Pottle Centre</b>	A centre that provides different programs and activities to support its members and their mental health/wellbeing.	<a href="#">Click here for more information</a>

#### Services Provided by Trained Volunteers

Name of Resource	Brief description of resource	How can you access the information?
<b>7 Cups</b>	Free 24/7 listening and support chat.	<a href="#">Click here to register and for more information</a>
<b>Canadian Red Cross</b>	Program matching adults with a trained listener for regular check-ins, emotional support, and suggestions for other well-being strategies and resources. Register by phone (available from 9am to 5pm weekdays) or online.	Call: 1 833 979-9779 <a href="#">Click here to register and for more information</a>
<b>Certified Listeners Society</b>	Free emotional support chat service. Fill out your age, gender, urgency, and email address to request a chat. 12PM to 3AM EST.	<a href="#">Click here to register and for more information</a>
<b>Ches Penney Centre of Hope</b>	An organization that provides marginalized people assistance through services and programs such as counselling, access to a community navigator, spiritual care, and more.	<a href="#">Click here for more information</a>

# In-person & Live Online Services

## Environmental Scan



<b>JP Memorial Foundation</b>	Counselling services that provide wellness support and coping techniques. For up to 10 sessions over a span of 20 weeks.	<a href="#">Click here for more information</a>
<b>Naseeha</b>	A Muslim mental health helpline. Provides confidential, spiritual, and culturally competent support.	Call or text: 1 866 627-3342 <a href="#">Click here for more information</a>
<b>Nisa Helpline</b>	Helpline for Muslim women. Provides emotional and mental health support. 10AM - 10PM EST. Also provides 3 free counseling services.	Call: 1 888 315-6472 <a href="#">Click here for more information</a>
<b>St. Johns Women's Centre</b>	A centre that provides women/non-binary people safe and non-judgmental support through programs such as individual/ group counselling, information sessions and workshops.	<a href="#">Click here for more information</a>

### Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
<b>BounceBack</b>	Services include a trained coach who can provide up to six sessions and access to self-help materials such as workbooks, activities, and videos.	<a href="#">Click here to register and for more information</a>
<b>Central Health - Triage</b>	A phone service that provides quick mental health support and assessments. Available 8:30am to 4:30pm, Mon-Fri.	Call: 1 844 353-3330 <a href="#">Click here for more information</a>
<b>Central Health - Doorways</b>	A walk-in service that provides quick access to mental health and counselling services.	Call: 811 to find a location near you <a href="#">Click here for more information</a>

### Referral Services

Name of resource	Brief description of resource	How can you access the information?
<b>211 Newfoundland and Labrador</b>	Get assistance navigating community, government, or social services in Newfoundland and Labrador. 24/7 and available in 100+ languages.	Call: 211 <a href="#">Click here for more information</a>
<b>811 Healthline</b>	Get assistance finding professional mental health advice, information, and support. 24/7 with translation available in 125+ languages.	Call: 811 <a href="#">Click here for more information</a>
<b>CMHA Newfoundland and Labrador</b>	Access a list of services accessible for those who need mental health support.	<a href="#">Click here to access</a>
<b>Kidney Foundation of Canada-Atlantic Branch</b>	Gain access to services and supports specifically tailored to kidney patients and their families.	<a href="#">Click here to access</a>
<b>Mental Health Systems Navigator - Eastern Health</b>	A phone line that offers navigation finding mental health services in the community that may be right for you.	Call: 709 752-3916 Toll-free: 1 877 999-7589 <a href="#">Click here for more information</a>

# Regional and Crisis Resources

## Environmental Scan



### REGIONAL AND CRISIS RESOURCES

Find provincial wide crisis lines and regional lines.

#### National Resources (Nationwide)

Name of resource	Brief description of resource	How can you access the information?
Government of Canada	A guide to province specific resources, and resources that are available nationally.	<a href="#">Click here to access</a>
Hope for Wellness Helpline	National phone or online chat available 24/7 to all Indigenous Peoples across Canada. Available in English and French. Support in Cree, Ojibway, and Inuktitut available by request.	Call: 1 855 242-3310 <a href="#">Click here for online chat and for more information</a>
talk suicide Canada	Bilingual crisis and suicide intervention services. Phone line available 24/7. Text line available from 4pm to midnight Eastern time (ET).	Call: 988 Text: 988 <a href="#">Click here for more information</a>

#### Provincial Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
811 Healthline	Call to connect with a Healthline nurse who can provide immediate mental health support.	Call: 811 <a href="#">Click here to for more information</a>
Government of Newfoundland and Labrador	Access mental health and community services.	<a href="#">Click here to access</a>

Special thanks to Alberta Kidney Section, Medicine SCN<sup>TM</sup>, Alberta Health Services for supporting the creation of this document.



Together, let's build a people-centred healthcare system for everyone.

Learn more at: [healthyqol.com/kidney](https://healthyqol.com/kidney)  
and find additional resources.

Further thanks to those who provided feedback on earlier drafts of this document.