

# 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 Ontarians 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.



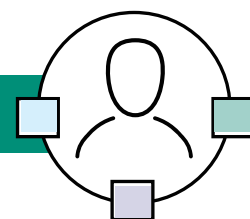
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Ontario Health for people living in Ontario, 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

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### 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?
<b>Building a Wellness Toolkit</b>	A webinar on building a wellness toolkit for living with chronic kidney disease.	<a href="#">Click here to access</a>
<b>Kidney Info</b>	Access a portal with various resources available for kidney patients.	<a href="#">Click here to access</a>
<b>Kidney Support Program</b>	Access videos for strategies to coping with kidney disease	<a href="#">Click here to access</a>
<b>PsychoNephrology</b>	Learn about kidney disease and how it affects people.	<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?
<b>Heads Up Guys</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>	Answer any questions you may have about depression.	<a href="#">Click here to access</a>
<b>Mood Disorders Association of Ontario</b>	Find information, resources, and services on anxiety, depression, and bipolar disorder. Includes virtual and in-person support groups, blogs, and an online forum.	<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>Ontario Shores - Centre for Mental Health Sciences</b>	Learn about topics, such as depression, anxiety, mood disorders, and more.	<a href="#">Click here to access</a>

#### General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
<b>Canadian Mental Health Association (CMHA)</b>	Self-assessment tools  (Not a substitute for professional advice but can be useful for a quick self assessment)	<a href="#">Click here for the mental health meter</a> <a href="#">Click here for a stress index quiz</a> <a href="#">Click here for a work-life balance quiz</a>
<b>Canadian Mental Health Association (CMHA) - Canada</b>	Information and resources on mental health available across Canada.	<a href="#">Click here to access</a>
<b>Canadian Mental Health Association (CMHA) - Ontario</b>	Information and resources to help face the challenges of mental health in daily life.	<a href="#">Click here to access</a>

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<b>ConnexOntario</b>	Get connected to mental health and substance use services or supports in your area.	<a href="#">Click here to access</a>
<b>Dieticians of Canada Website</b>	Read various articles related to nutrition and mental health.	<a href="#">Click here to access</a>
<b>eMental Health</b>	Screening Tools for mental health concerns.  (Not a substitute for professional advice but can be useful for a quick self assessment)	<a href="#">Click here to learn about anxiety</a> <a href="#">Click here to learn about depression</a> <a href="#">Click here to learn about self-compassion</a> <a href="#">Click here to learn about happiness</a>
<b>Government of Canada - Mental Health and Wellness</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>have THAT talk - Ottawa Public Health</b>	Learn about various important mental health topics through videos and activity guides that are specialized for youth, adults, parents and caregivers, and more.	<a href="#">Click here to access</a>
<b>Honk 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>Mindsight</b>	Learn about a range of mental health topics including (depression, anxiety, suicide, bipolar disorder, trauma, etc.) with interactive videos and quizzes. Support resources are also available.	<a href="#">Click here to access</a>
<b>Ontario Provincial Government - Mental Health Services</b>	General information on provincial mental health services and links for these services.	<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>Twenty Twenty Arts - Mental Health Blog</b>	Discover articles on numerous mental health topics and links to helpful resources.	<a href="#">Click here to access</a>
<b>University Health Network</b>	Find information and services for mental health, conditions and disorders, treatments and therapies, caregiving and family support. Some resources available in multiple languages	<a href="#">Click here to access</a>
<b>Waterloo Region Suicide Prevention Council - WRSPC</b>	Find mental health information, self care advice, and resources about suicide for suicide prevention.	<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

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### RESOURCES FOR YOUR SELF-CARE

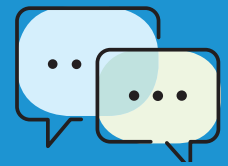
Websites, books, workbooks, and apps that provide resources for self-care and ways to increase mental wellness. Some are specific to kidney disease, depression, and anxiety.

#### Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the information?
<b>Antidepressant Skills Workbook</b>	Online information and free workbook with strategies to manage depression. Available for download in English, French, Chinese, Punjabi, Farsi, and Vietnamese. Audio also available in some languages.	<a href="#">Click here to access</a>
<b>Heads up Guys</b>	Contains self-care resources such as how to cope with depression and strengthen social supports.	<a href="#">Click here to learn tips to fight depression</a> <a href="#">Click here to learn about strengthening social supports with depression</a>
<b>Kidney Foundation</b>	A self-care factsheet that provides ways to manage and cope with depression and anxiety.	<a href="#">Click here to access</a>
<b>London Health Sciences Centre</b>	Contains resources and videos about adjusting and coping with the changes that come with kidney disease diagnosis.	<a href="#">Click here to learn about adjusting &amp; coping with kidney disease</a> <a href="#">Click here to learn about moving forward with hope</a>
<b>Lumino Health</b>	Contains information on different mental health topics and how to manage them.	<a href="#">Click here to learn about negative stress</a> <a href="#">Click here to learn about stress &amp; anxiety</a> <a href="#">Click here for 10 mental health tips</a> <a href="#">Click here to learn about how to manage anxiety</a>
<b>Mental Health Resources City of Toronto</b>	Contains mental health supports in Toronto. Also includes coping and stress management tips.	<a href="#">Click here to access</a>
<b>Ontario Renal Network</b>	Provides information on how to cope with anxiety and depression. Also provides videos from people with lived experiences.	<a href="#">Click here to learn about symptom management</a> <a href="#">Click here for Patient &amp; Family Experience Video Series</a>
<b>Ontario Shores</b>	Self-help resources, including information on mental health signs and symptoms and how to access resources.	<a href="#">Click here for self-help resources by condition</a> <a href="#">Click here for accessing care by condition</a>
<b>Orillia Soldiers' Memorial Hospital</b>	Provides videos from patients with lived experiences on living with the disease, dialysis, coping, and more.	<a href="#">Click here to access</a>
<b>St Joseph's Healthcare Hamilton</b>	Contains mental wellbeing topics including stress management, depression, and how to save your energy.	<a href="#">Click here to access</a>

# Resources for your Self-care

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<b>The Learning Portal</b>	Contains numerous self-management online resources, such as the ones for maintaining health and wellness. The pages are interactive and has checklist of recommended activities to do to maintain wellness	<a href="#">Click here to access</a>
<b>Unity Health Toronto</b>	Mindful Awareness Stabilization Training (MAST) provides free mindfulness and psychoeducation to help develop skills for emotion regulation.	<a href="#">Click here to access</a>
<b>University Health Network</b>	Information on topics related to stress & coping and mental health. Information is also offered in multiple languages.	<a href="#">Click here to learn about managing stress</a> <a href="#">Click here for E-books, health &amp; wellness apps and podcasts</a>

### General Mental Health/Wellness Tools

Name of resource	Brief description of resource	How can you access the information?
<b>Mental Healthy - FiT.</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>

### Mental Health Apps/ Courses

Name of resource	Brief description of resource	How can you access the information?
<b>Insight Timer</b>	Provides online guided meditations and courses by professionals, and sound therapy for free. Can be accessed on web or app.	<a href="#">Click here for popular meditations</a> <a href="#">Click here for meditation music</a> <a href="#">Click here for meditation playlists</a> <a href="#">Click here for meditation topics</a> <a href="#">Click here for anatomy of stress</a> <a href="#">Click here to learn about anxiety's impact on our health</a>
<b>Mental Health 101- CAMH</b>	A self-directed course that provides information on depression and how to live with it.	<a href="#">Click here to access</a>
<b>MindShift App</b>	An app that you can download that provides strategies for relaxation and mindfulness. Developed based on cognitive behavioral therapy.	Available on App Store and Google Play. <a href="#">Click here to access</a>
<b>Palouse Mindfulness Stress Reduction</b>	Mindfulness-Based Stress Reduction (MSBR) course teaches about how to cope with stress and everyday challenges.	<a href="#">Click here to access</a>
<b>Self Compassion Exercises Guided Meditation</b>	Provides self-compassion guided practices and exercises.	<a href="#">Click here to access</a>

# In-person & Live Online Services

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### IN-PERSON & LIVE ONLINE SERVICES

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

#### Peer Support Groups

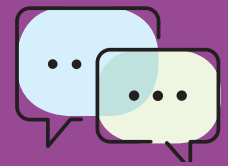
Name of Resource	Brief description of resource	How can you access the information?
<b>Kidney Foundation Peer Support</b>	Connect with trained volunteers who have first-hand experience coping with kidney disease. Peer Support volunteers share their experience with kidney disease and how they cope with it.	<a href="#">Click here for more information and for the “Peer Support Request Form”</a>  OR Call 1 866 390-7337 to speak with a program coordinator.
<b>Metis Nation Mental Wellness Program</b>	Access a program tailored for Metis patients to access culturally appropriate services, system navigation, and counseling	<a href="#">Click here to access</a>
<b>Progress Place Warm Line</b>	Confidential and anonymous service for adults (18+) who may be feeling lonely, isolated, anxious, depressed or in need of a friendly ear. Connect with a peer support worker over online chat, text, or the phone.	Call 1 888-768-2488 Available 7 days a week.  <a href="#">Click here for more information</a>
<b>Peer Support - Mental Health Rights Coalition</b>	Access peer support provided by Peer Support Worker who has similar lived experience, has experienced recovery, and is trained to provide listening and support. Peer support is available in-person and on the telephone during drop-in hours.	<a href="#">Click here for more information</a>
<b>PeerWorks</b>	PeerWorks provides a contact list of member organizations that provide peer support services and useful webinars. These organizations are run by and for people with lived experience of a mental health issue or addiction issue.	<a href="#">Click here for more information</a> <a href="#">Click here for webinars</a>
<b>Kidney Connect Support Group</b>	Kidney Connect Support Group connects you with renal patients who are going through similar experiences. Drop in for as many meetings as you'd like.	<a href="#">Click here for more information</a>
<b>PKD Foundation of Canada</b>	Register for monthly peer support meetings with other dialysis patients	<a href="#">Click here to access</a>

#### In-person Services Provided by Healthcare Professionals

Name of resource	Brief description of resource	How can you access the information?
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# In-person & Live Online Services

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<p><b>Anishnawbe Health Ontario</b></p>	<p>Free in-person, virtual, or over the phone services to status or non-status First Nations, Inuit or Metis Peoples and families. Multi-disciplinary approaches to care including traditional counsellors or mental health counsellors, as well as psychology, psychiatry and case management.</p> <p>Services:</p> <ul style="list-style-type: none"> <li>• Couples Counselling</li> <li>• Mental Health Counselling</li> <li>• Psychiatrists</li> <li>• Psychologist</li> <li>• Supportive &amp; Advocacy Work</li> <li>• Traditional Counselling</li> <li>• Traditional Family Counselling</li> <li>• Traditional Healing &amp; Ceremonies</li> </ul>	<p>New clients can self-refer for intake. No appointment necessary. Intake is done at the Gerrard Street location (179 Gerrard St E, Toronto, ON), Monday to Friday, 10 a.m-12:30 p.m. and 1:00 p.m. – 3:30 p.m.</p> <p>Existing clients: please call and speak to the Mental Health Coordinator at (416-920-2605) to make an appointment.  <a href="#">Click here for more information</a></p>
<p><b>Talk Now</b></p>	<p>Clinic providing in-person or virtual mental health services to people of all ages. No referral or health care card needed. Please call to be connected with a mental health professional: nurse practitioner or therapist. Phone lines are open Monday to Friday from 8:30am to 3:30pm. Closed on weekends and holidays.</p>	<p>Call: 705-876-5826  <a href="#">Click here for more information</a></p>
<p><b>Journey to Healing (J2H)</b></p>	<p>Individuals interested in learning about the mind-body link, stress management, and methods to enhance their overall mental well-being can join a 10-week interactive psychoeducational group that uses a holistic approach to increase mental health awareness, recovery, and resilience. Cantonese and Mandarin services are available.</p> <p>Interested individuals can approach their physician and have them complete the J2H referral form and fax it to 416-603-5661</p>	<p><a href="#">Click here for more information</a></p>
<p><b>Bounce Back</b></p>	<p>A free program for developing skills that can be used to manage anxiety, stress, and concern as well as mild to moderate depression and poor mood. Services include a trained coach who can provide up to six sessions and access to self-help materials (online) such as workbooks, activities, and videos.</p>	<p><a href="#">Click here for more information</a>  <a href="#">Click here for a video on the program (1)</a>  <a href="#">Click here for a video on the program (2)</a></p>

# In-person & Live Online Services

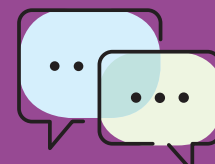
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<p><b>Integrated Behavioural Group Therapy (IBGT)</b></p>	<p>12-week treatment group for adults (18+) who have depression, anxiety, psychosis and other symptoms including insomnia and pain. IBGT combines 3 types of therapy: Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Mindfulness. Offered in Cantonese, Mandarin, and Portuguese.</p> <p>Referrals must be made using the appropriate IBGT form.</p>	<p>How to register:</p> <ol style="list-style-type: none"> <li>1. Call the UHN clinics listed below and ask for a referral form. The referral form can be emailed or faxed to you.           <p>Toronto Western Hospital Asian Initiative in Mental Health (AIM) Phone: 416 603 5800 ext. 2227 (Cantonese) Phone: 416 603 5800 ext. 5423 (Mandarin) Fax: 416 603 5661</p> <p>Portuguese Mental Health &amp; Addictions Services (PMHAS) Phone: 416 603 5520 (Portuguese) Fax: 416 603 5049</p> </li> <li>2. Bring the referral form to one of the following health care providers or agencies:           <ul style="list-style-type: none"> <li>• Family doctor or psychiatrist</li> <li>• Asian Initiative in Mental Health (AIM) or Portuguese Mental Health &amp; Addictions Services (PMHAS)</li> <li>• Hong Fook Mental Health Association</li> </ul> <p>Ask your health care provider/agency to complete the referral form and fax it to AIM or PMHAS.</p> </li> <li>3. You will be contacted after your completed referral form is received.</li> </ol>
<p><b>Ateliers de l'Élan</b></p>	<p>For Francophones struggling with a mental health disorder. The organization develops a monthly calendar of activities that includes activities that encourage the recovery process and community involvement:</p> <ul style="list-style-type: none"> <li>• Artistic activities</li> <li>• Physical and mental health activities</li> <li>• Social, recreational and collaborative activities</li> <li>• Personal development activities</li> </ul>	<p>Admission to the program is done by contacting one of the coordinators of the Ateliers de l'Élan:</p> <p>Call: 613.744.2244 – extension 600 or 614 Email: <a href="mailto:idion@mri.ca">idion@mri.ca</a> <a href="mailto:jlatremouille@mri.ca">jlatremouille@mri.ca</a></p> <p>Office hours are from 9:00 a.m. to 4:00 p.m., Monday to Friday.</p>

# In-person & Live Online Services

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<b>Toronto Public Health eChat</b>	Free, confidential and anonymous online service where individuals can chat with a Public Health Nurse about our programs and services for:  Mental Health Promotion Substance Use (e.g., drugs, tobacco and alcohol)	Service Available: Monday to Friday, 8:30 a.m. – 4p.m. (excludes statutory holidays).  <a href="#">Click here to access eChat</a>
<b>Health 811</b>	Call to access a registered nurse to help you decide how to manage your physical and mental health, and the health of your family. This service is available 24/7.	<a href="#">Click here to access online chat</a>  Call: 811 Toll free TTY line: 1-866-797-000
<b>Ontario Structured Psychotherapy Program</b>	Free cognitive-behavioural therapy and related services for adults with depression and anxiety-like concerns through the Ontario Structured Psychotherapy Program. Offered as self-led or with a therapist.	<a href="#">Click here for more information</a>
<b>One-to-One Support</b>	Individualized and supportive counselling, system navigation help, and customized information and education for those living with mental illness.	<a href="#">Click here for more information</a>  Reach out to one of the counsellors at 1-855-449-9949 or email at <a href="mailto:support@iamentalhealth.ca">support@iamentalhealth.ca</a>

### Referral Services

Name of resource	Brief description of resource	How can you access the information?
<b>ConnexOntario</b>	Free and confidential 24/7 health services information for individuals experiencing mental illness challenges. You can call for yourself or for someone you care about.	Call: 211 <a href="#">Click here for more information</a>
<b>Access MHA: Regional Coordinated Access</b>	Find mental health and/or substance use health support, services, and care. Individuals will connect with a trained mental health professional who will connect you to the services you need from a network of partner organizations.	<a href="#">Click here to book an appointment</a>  For questions, please contact <a href="mailto:inquiries@accessmha.ca">inquiries@accessmha.ca</a>

# Regional and Crisis Resources

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### 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?
<b>Government of Canada</b>	A guide to province specific resources, and resources that are available nationally	<a href="#">Click here to access</a>
<b>Public Health Agency of Canada</b>	Access a list of resources available both nationally and provincially	<a href="#">Click here to access</a>

#### Provincial Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
<b>Government of Ontario</b>	Access programs, services, and resources available to people in Ontario	<a href="#">Click here to access</a>
<b>Hope for Wellness Help Line</b>	National phone or online chat available 24 hours a day, 7 days a week 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</a>
<b>Distress and Crisis Ontario (DCO)</b>	A free confidential text message and/or online chat program to provide support for people experiencing emotional distress or crisis. The service is available from 2 pm to 2 am (ET) every- day, 356 days a year.  They also have a listing of distress/crisis phone numbers for these regions: Ottawa, Durham, Peel, Halton, Lanark, Leeds, Grenville, Kingston, Nunavut, Peterborough, Niagara, Northern Ontario, and Sarnia-Lambton.	Text SUPPORT to phone number 258258 (standard text messaging rates may apply) <a href="#">Click here for online chat</a> <a href="#">Click here for listing of phone numbers</a>
<b>Talk Suicide Canada</b>	National crisis phone line available 24 hours a day, 7 days a week.  Text message support is available from 4 pm to 12 am (ET). French text support is currently unavailable.	Call: 988 Text message: 988 <a href="#">Click here for more information</a>

#### Region Specific Resources

# Regional and Crisis Resources

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Name of resource	Brief description of resource	How can you access the information?
<b>Crisis Outreach and Support Team (COAST) in Hamilton</b>	Crisis phone line serving Hamilton and the region is open to anyone 24 hours a day, 7 days a week.	Call: 905-972-8338 Toll Free: 1-844-972-8338 <a href="#">Click here for more information</a>
<b>Gerstein Crisis Centre in Toronto</b>	Crisis services include 24/7 telephone support, in-person mobile crisis team, community support referrals, substance use crisis management, follow-up and access to short-term crisis beds. Over the phone interpretation services are available in over 180 languages.	Call: 416-929-5200 <a href="#">Click here for more information</a>
<b>Distress Centre Ottawa and Region</b>	Distress and crisis phone lines serving Ottawa and the region available 24 hours a day, 7 days a week.  Text message and online chat available from 10 am to 11 pm (ET) everyday, 365 days a year.	Crisis Call: 613-722-6914 OR Toll-Free: 1-866-996-0991 Distress Call: 613-238-3311 Text message: 343-306-5550 <a href="#">Click here for online chat</a>
<b>Warm Line &amp; Peer Crisis Support</b>	These services provide non-crisis and crisis live support from a recovery and peer informed perspective in the York Region, South Simcoe and North York areas. Phone line available 24 hours a day, 7 days a week. Online chat available 10 am to midnight (ET).	Call: 1-888-777-0979 <a href="#">Click here for online chat</a>
<b>Crisis Line in Ottawa and Region</b>	Crisis phone line serving Ottawa and the region available 24 hours a day, 7 days a week. Available in French and English. Serving regions Ottawa, Prescott & Russell, Renfrew, Stormont, Dundas & Glengarry, and Akwe- sasne.	Call: 613-722-6914 Toll-Free: 1-866-996-0991 <a href="#">Click here for more information</a>
<b>York Support Services Network (YSSN)</b>	Crisis phone line, text message and online chat serving York Region or South Simcoe available 24 hours a day, 7 days a week.	Call: 310-COPE (2673) Text 1-855-310- 2673 Toll-Free: 1-855-310-COPE (2673) <a href="#">Click here for online chat</a>
<b>Here 24/7 in Waterloo and Wellington</b>	Crisis and support phone line serving Waterloo and Wellington regions available 24 hours a day, 7 days a week.	Call: 1-844-HERE-247 (1-844-437-3247) You'll be asked for the reason for your call. The crisis queue will be prioritized and answered by a person.

# Regional and Crisis Resources

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Special thanks to Alberta Kidney Section, Medicine SCN™, 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.