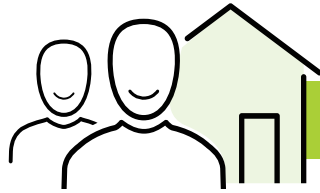


# Environmental Scan

## Resources for coping with and adjusting to dialysis

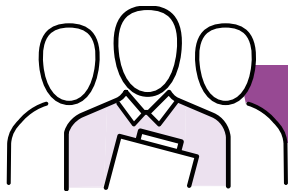
In this document, you will find an overview of existing resources to support you in coping with and adjusting to dialysis. Many different types of resources are listed, and we hope one or more will fit your needs. Many, but not all, of the resources listed are for residents of Saskatchewan on dialysis.

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.



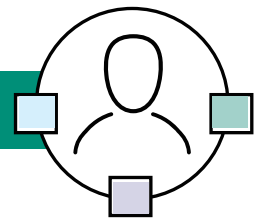
Information on Mental Health 2-4

Resources for your Self-care 5-8



In-person & Live Online Services 9-10

Regional and Crisis Resources 11-12



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 by the Sask Health Authority for people living in Saskatchewan, Canada. These documents were created to serve as an inventory of resources intended for online use. The links were last verified in December 2023.

# 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 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>
Anxiety Canada	Learn about living with anxiety, managing symptoms, getting help, and more.	<a href="#">Click here to access</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>
eMentalHealth	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>
FamilyDoctor	Find out what depression means and its symptoms, causes, diagnosis, treatment, and more.	<a href="#">Click here to access</a>

# Information on Mental Health

## Environmental Scan



<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>Saskatchewan Health Authority</b>	Information and videos to help you better understand and manage anxiety and depression.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</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>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>

# Information on Mental Health

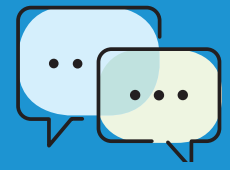
## Environmental Scan



<b>Saskatchewan Science Centre</b>	Learn about what mental health is, how to watch for signs of mental illness, and what you can do to improve your mental health.	<a href="#">Click here to access</a>
<b>Youth Mental Health Canada</b>	Learn about wellness, what it means to be well, and more.	<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>Living Well with Kidney Disease Saskatchewan Health Authority</b>	Learn about different aspects of living well with kidney disease, including food tips, medications, keeping active, building a support network.	<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>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>Anxiety Canada</b>	Self-paced anxiety management program based on cognitive behavioural therapy (CBT).	<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>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>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>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>

# Resources for your Self-care

## Environmental Scan



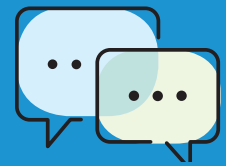
<b>eMentalHealth</b>	Learn about what panic attacks are, why they happen, and tips to address them.	<a href="#">Click here to access</a>
<b>Lumino Health</b>	Learn about stress and how to recognize and manage your emotions.	<a href="#">Click to learn about stress</a> <a href="#">Click to learn about managing emotions</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>
<b>University of Saskatchewan</b>	Read articles to improve your understanding of depression and anxiety. Each article also includes workbook(s) to help with your learning.	<a href="#">Click to learn about depression</a> <a href="#">Click to learn about anxiety</a>
<b>Youth Mental Health Canada</b>	Learn about how to be compassionate to yourself. Also, how to reduce stress and manage it.	<a href="#">Click to learn about self-compassion</a> <a href="#">Click to learn about stress management</a>

### General Mental Health/Wellness Tools

<b>Name of resource</b>	<b>Brief description of resource</b>	<b>How can you access the information?</b>
<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>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>CMHA Saskatchewan</b>	Browse articles with mental health information and tools to improve your mental health.	<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 to register and for more information</a>
<b>Embracing Life App</b>	Use this app to help you improve your mental health and to prevent suicide.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>eMentalHealth</b>	Learn about different self-care strategies, including mindfulness, brainspotting, therapeutic tapping, bilateral music, grounding strategies, dialectical behavioral therapy, and about happiness.	<a href="#">Click here to learn about mindfulness</a> <a href="#">Click here to learn about brainspotting</a> <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>

# Resources for your Self-care

## Environmental Scan



<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>	A safety plan that contains a series of questions to help ground yourself and to stay safe.	<a href="#">Click here to access</a>
<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>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>iSMART</b>	iSMART is an app that helps manage an individual's stress by monitoring triggers and providing stress-reducing actions.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>Lumino Health</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>Mental Wellness &amp; Challenging Times</b>	List of tips and ideas for dealing with challenging times.	<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 Beacon</b>	Get tips on building emotional awareness for men, dealing with uncertainty, and improving your mood regulation skills.	<a href="#">Click here to learn about building emotional awareness for men</a> <a href="#">Click here to learn about dealing with uncertainty</a> <a href="#">Click here to learn about mood regulation</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>

# Resources for your Self-care

## Environmental Scan

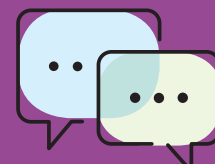


<b>Now Matters Now</b>	Video-based website sharing the stories of others and how they survived difficult experiences. Also includes mental health worksheets, safety plans, and other tips and tools.	<a href="#">Click here to access</a>
<b>PsychHealthandSafety</b>	Self-care workbook that can help you learn 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>Saskatchewan Polytechnic</b>	Access resources on sleep hygiene, movement & nutrition, mental health, and connecting with others.	<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>
<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>TogetherWell</b>	Register for Wellness Wednesdays, a weekly workshop on how to care for your mental health.	<a href="#">Click here to access</a>
<b>University of Saskatchewan</b>	Learn about managing stress, worrying, and your mental health.	<a href="#">Click here to learn about managing stress</a> <a href="#">Click here to learn about worrying less</a> <a href="#">Click here to learn about mental health</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 compassion cards (Indigenous)</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?
CMHA Rosetown	Connect with CMHA staff in your region for wellness support.	<a href="#">Click here for more information</a>
CMHA Saskatchewan	CMHA Saskatchewan holds different groups that provide free support. Some support groups are in-person or virtual.	<a href="#">Click here for more information</a>
Kidney Foundation	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>
SaskAbilities	Find a list of available mental health and well-being programs.	<a href="#">Click here for how to register and for more information</a>
Wellness Together Canada	Access communities of support for mental health online, over the phone, or via Zoom.	<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?
7 Cups	Free 24/7 listening and support chat.	<a href="#">Click here to register and for more information</a>
Canadian Red Cross	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>
Certified Listeners Society	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>
Step Up for Mental Health	Register for a free, one-hour peer-to-peer support with a peer support facilitator. Participate in one, four, or eight sessions.	<a href="#">Click here to register and for more information</a>
Naseeha	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>
Nisa Helpline	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>

# In-person & Live Online Services

## Environmental Scan



<b>Partners Family Services</b>	Access adult counselling for those experiencing distress. Call or complete an intake form.	Call: 306 682-4135 <a href="#">Click here for intake form and for more information</a>
<b>Saskatchewan Health Authority</b>	Find a list of facilities and their contact information that provide education and support on chronic disease management.	<a href="#">Click here for more information</a>
<b>Talking Stick</b>	Text-app for Indigenous people that provides free, confidential, and culturally-sensitive support.	Available on App Store and Google Play. <a href="#">Click here for more information</a>
<b>TAO Tel-Aide Francophone Helpline</b>	A French-only mental health line that offers empathetic and confidential support. 24/7 and free.	Call: 1 800 567-9699 <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>Counselling Connect Saskatchewan</b>	Gain access to quick and free mental health counselling either in-person or virtually.	<a href="#">Click here to register and for more information</a>
<b>Cypress Health Region</b>	Find where and how to access mental health addiction services within the Cypress Health Region.	<a href="#">Click here for more information</a>
<b>Five Hills Health Region</b>	Access a single session in-person mental health and counselling service in the Five Hills region of Saskatchewan. Walk-in on Wednesday evenings from 4:30-7:30pm.	Access in-person at Crescent View Clinic, 131 1st Ave NE, Moose Jaw <a href="#">Click here for more information</a>
<b>OnlineTherapyUser</b>	Access free virtual cognitive behavior therapy through educational courses. Courses are supported by a therapist or a guide.	<a href="#">Click here to register and for more information</a>
<b>Text4Hope</b>	Get three months of free daily text messages from therapists that specialize in mental health.	Text "HOPEAB" to 393939 to subscribe. <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 Saskatchewan</b>	Get assistance navigating community, government, or social services in Saskatchewan. 24/7/365 and available in 175+ languages.	Call or Text: 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 100+ languages.	Call: 811 <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?
<b>Hope for Wellness Helpline</b>	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>
<b>Métis Nation Saskatchewan</b>	Free, crisis program for Métis-specific and culturally safe mental health support.  Monday to Friday, 8:30 am to 4:00 pm	Call: 1-877-767-7572 Toll-free: 1-855-671-5638 <a href="#">Click here for more information</a>
<b>talk suicide Canada</b>	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>
<b>Wellness Together Canada</b>	24/7 textline for adults in distress or crisis	Text "WELLNESS" to 741741 (EN) Text "MIEUX" to 741741 (FR) <a href="#">Click here for more information</a>
<b>Youthspace</b>	Crisis and emotional support. 6PM to Midnight (PST), 365 days a year for people 30 and under. Also live chat support.	Text 778 783-0177 <a href="#">Click here for online chat and for more information</a>

#### Provincial Resources (Province Wide)

Name of resource	Brief description of resource	How can you access the information?
<b>Hudson Bay &amp; District Crisis Centre</b>	24 hour crisis service for the Hudson Bay and district.	Call: 306 865-3064 Toll-free: 1 866 865-7274
<b>Mobile Crisis Services</b>	Find free, 24/7 helplines serving the following areas: Regina, Emerald Park, White City, Lumsden, Craven, Regina Beach, Balgonie, & Pilot Butte.	Mobile Crisis Helpline: 306-757-0127 Crisis Suicide Helpline: 306-525-5333 <a href="#">Click here for more information</a> <a href="#">Click here for e-counselling email</a> (*email not monitored 24/7**)
<b>North East Outreach and Support</b>	Crisis telephone support and referral service. Anonymous and free.	Call: 1 800 611-6349 <a href="#">Click here for more information</a>
<b>Partners Family Services</b>	Access crisis support by calling the number or filling out an intake form. 24/7 and free.	Call: 306 682-4135 <a href="#">Click here for intake form and for more information</a>
<b>Prince Albert Mobile Crisis</b>	Mobile crisis service within Prince Albert. Available 365 days a year, Monday to Friday 4 PM to 8:30AM. 24 hours on Weekends and Statutory holidays.	Call: 306 764-1011 <a href="#">Click here for more information</a>

# Regional and Crisis Resources

## Environmental Scan



<b>Saskatoon Crisis Intervention</b>	24/7, free emergency crisis support service within Saskatoon.	Call: 306 933-6200 <a href="#">Click here for more information</a>
<b>Southwest Crisis</b>	24/7 free and confidential crisis line serving Southwest Saskatchewan residents.	Call: 306 778-3386 Toll-free: 1 800 567-3334 <a href="#">Click here for more information</a>
<b>West Central Crisis</b>	24/7 crisis line providing support to the West Central region of Saskatchewan.	Call: 306 463-1860 <a href="#">Click here for more information</a>

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.