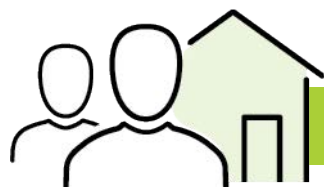


# Environmental Scan

## 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 Albertans 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.



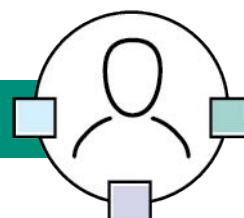
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In the resources listed below, we have added internet links that you can click to read more about the information and services on their websites. Please note that most of the services listed in this document are free or covered under Alberta Health Services for people living in Alberta, Canada. The links were last verified in May 2021.

# Information on Mental Health

## Environmental Scan



Websites and books 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?
PsychoNephrology	Learn about kidney disease and how it affects people.	<a href="https://psychonephrology.com">https://psychonephrology.com</a>

### General Information on Depression/Anxiety

Name of information resource	Brief description of resource	How can you access the information?
My Health Alberta - Mental and Behavioural Health	Learn about topics such as: <ul style="list-style-type: none"> <li>• Depression</li> <li>• Bipolar Disorder</li> <li>• Anxiety</li> <li>• Panic Attacks and Panic Disorder</li> <li>• Schizophrenia</li> </ul>	Go online: <a href="https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=center1028">https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=center1028</a>
The Antidepressant Skills Workbook	Explains how you can manage low mood. Available in English, French, Chinese, Punjabi, Vietnamese.	Go online: <a href="https://psychhealthandsafety.org/asw">https://psychhealthandsafety.org/asw</a>

### General Mental Health Information

Name of information resource	Brief description of resource	How can you access the information?
Regional Support for Mental Health	Find help in Alberta health zones.	Go online: <a href="https://www.albertahealthservices.ca/amh/Page14063.aspx">https://www.albertahealthservices.ca/amh/Page14063.aspx</a>
My Mental Health	Provides “mental health first aid” to people in crisis.	Go online: <a href="https://www.mymentalhealth.ca/">https://www.mymentalhealth.ca/</a>
Métis Nation of Alberta	Assists people to find low cost services to promote wellness.	Go online: <a href="http://albertametis.com/covid-19-information/mental-health/">http://albertametis.com/covid-19-information/mental-health/</a>
211 - Alberta’s Navigation Service	Helps you to find programs that promote well-being.	Go online: <a href="https://www.ab.211.ca/">https://www.ab.211.ca/</a>  You can call, text or chat 24/7
Multicultural Mental Health Resource Centre	Provides multilingual information and culturally-appropriate mental health services.	Go online: <a href="https://www.multiculturalmentalhealth.ca/en">https://www.multiculturalmentalhealth.ca/en</a>

# Resources for your Self-care

## Environmental Scan



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 Specifically for People Living with Kidney Disease

Name of resource	Brief description of resource	How can you access the resource?
<b>PsychoNephrology</b>	Shows you how to cope with challenges to your well-being: e.g. keep a diary, practice mindfulness, etc.	Go online: <a href="https://psychonephrology.com">https://psychonephrology.com</a>
<b>Positive Coping with Health Conditions</b>	This workbook helps people to deal with health problems.	Go online: <a href="https://psychhealthandsafety.org/pcwhc">https://psychhealthandsafety.org/pcwhc</a>
<b>Medical Education Institute</b>	Helps you learn how to adjust to dialysis and live well.	Go online: <a href="https://www.kidneyschool.org/m05/">https://www.kidneyschool.org/m05/</a>
<b>Living with Reduced Kidney Function</b>	Chapter 6 of this book teaches you to live well with reduced kidney function.	Go online: <a href="https://kidney.ca/Support/Resources/Living-with-Reduced-Kidney-Function">https://kidney.ca/Support/Resources/Living-with-Reduced-Kidney-Function</a>
<b>Living with Kidney Failure</b>	Helps you learn how to live well with kidney failure (See chapter 8).	Go online: <a href="https://kidney.ca/Support/Resources/Living-With-Kidney-Failure">https://kidney.ca/Support/Resources/Living-With-Kidney-Failure</a>

### Resources for Depression/Anxiety

Name of resource	Brief description of resource	How can you access the resource?
<b>Anxiety Canada App - MindShift™</b>	The app helps you to relax and deal with anxiety.	Go online: <a href="https://www.anxietycanada.com/resources/mindshift-cbt/">https://www.anxietycanada.com/resources/mindshift-cbt/</a>
<b>Anxiety Canada My Anxiety Plan (MAP)</b>	Provides guidance to deal with anxiety.	Go online: <a href="https://maps.anxietycanada.com/en/courses/my-anxiety-plan-map-for-adults/">https://maps.anxietycanada.com/en/courses/my-anxiety-plan-map-for-adults/</a>
<b>MacAnxiety Research Centre Health Apps</b>	Suggests a list of apps for coping with anxiety and low moods.	Go online: <a href="https://www.macanxiety.com/anxiety-apps/">https://www.macanxiety.com/anxiety-apps/</a> Please note that these apps are not a substitute for treatment by a mental health professional.
<b>Coping with Suicidal Thoughts</b>	Helps you deal with thoughts of harming yourself.	Go online: <a href="https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/06/26212058/cwst.pdf">https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/06/26212058/cwst.pdf</a>
<b>Antidepressant Skills Workbook</b>	The book shows you how to train your mind to prevent low moods.	Go online: <a href="https://psychhealthandsafety.org/asw/">https://psychhealthandsafety.org/asw/</a>

# Resources for your Self-care Environmental Scan



<b>Change your Thinking: Overcome Stress, Anxiety, and Depression, and Improve your Life with CBT</b>	This book (3rd Edition; 2013) helps you to stay positive and prevent low moods.	Go online: <a href="https://www.amazon.ca/Change-Your-Thinking-Overcome-Depression/dp/1600940528">https://www.amazon.ca/Change-Your-Thinking-Overcome-Depression/dp/1600940528</a>
<b>E-couch Social Anxiety Program</b>	Teaches about anxiety and how it can be managed.	Go online: <a href="https://ecouch.com.au/">https://ecouch.com.au/</a> Clients will have to register and purchase online.
<b>Moodgym Self-care Workbook</b>	Learn to deal with anxiety and low moods.	Go online: <a href="https://moodgym.com.au/">https://moodgym.com.au/</a>
<b>MoodFx Depression and Anxiety Resources</b>	Helps you deal with anxiety and low moods. (You will need to schedule an appointment.)	Go online: <a href="https://www.moodfx.ca/">https://www.moodfx.ca/</a>

# In-person & Live Online Services

## Environmental Scan



In-person and online support (live or in real-time) from healthcare professionals and support groups to improve mental wellness for people living with dialysis.

### Peer Support Groups

Name of service	Brief description of service	How can you access the service?
<b>Kidney Connect - Online Support Group</b>	Online Support Group: Talk to people living with kidney disease and learn about how they deal with the disease.	Go online: <a href="http://kidney.ning.com/">http://kidney.ning.com/</a>
<b>Kidney Foundation of Canada - Northern Alberta and The Territories Branch, and Southern Alberta Branch</b>	Online Support Groups: Allows people living with kidney disease to talk to others in ways that help to reduce stress.	Go online: <a href="https://kidney.ca/Support/Peer-Support/Online-Support-Groups">https://kidney.ca/Support/Peer-Support/Online-Support-Groups</a>  To request peer-support, please use the link: <a href="http://ca.surveygizmo.com/s3/50003556/Peer-Support-Request-Form">http://ca.surveygizmo.com/s3/50003556/Peer-Support-Request-Form</a>  or call: 1-866-390-PEER (7337)
<b>Togetherall - Online Support Network</b>	Online Support Network: Supports people living with kidney disease to talk to peers and improve their well-being.	Go online: <a href="https://togetherall.com/en-ca/">https://togetherall.com/en-ca/</a>
<b>Wellness Network</b>	Peer Navigators: Uses the help of peers to assist people to search for services they need.	Go online: <a href="https://wellnessnetworkedmonton.com/peer-navigators/">https://wellnessnetworkedmonton.com/peer-navigators/</a>  or call: (780) 699-3253

# In-person & Live Online Services

## Environmental Scan



### In-person Services Provided by Healthcare Professionals

Name of service	Brief description of service	How can you access the service?
<b>Sage Seniors Association (Edmonton)</b>	Free Drop-In Counselling: Gives free one-time counseling to people. Walk-ins are accepted. (Unfortunately, the service is currently not available because of COVID-19. Check website for updates).	Go online: <a href="https://www.mysage.ca/help/">https://www.mysage.ca/help/</a> or call: (780) 423-5510
<b>EaseCare - Mental Health Matters</b>	Free services: Helps people access the services they need to improve their well-being. Trained doctors attend to people from their homes.	Go online: <a href="https://www.easecare.ca/">https://www.easecare.ca/</a> or call: (587) 338-8442
<b>Addiction and Mental Health Services</b>	Mental Health Case Management: Provides short- and long-term services for people who need to see the psychiatric care team.	Go online: <a href="https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&amp;serviceAtFacilityID=1047134">https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&amp;serviceAtFacilityID=1047134</a> or call: 1-877-303-2642
<b>AHS Primary Care Network, Community Addiction and Mental Health</b>	Centralized access: Helps people in rural areas to quickly access the best service for them.	Go online: <a href="https://www.albertahealthservices.ca/FindHealth/Search.aspx">https://www.albertahealthservices.ca/FindHealth/Search.aspx</a> Initial contact via phone: (403) 340-5466
<b>Access 24/7 - One Door YEG</b>	Mental Health services: Offers face-to-face assessment and help for people in crisis.	Go online: <a href="https://mentalhealthfoundation.ca/onedooryeg/resources/">https://mentalhealthfoundation.ca/onedooryeg/resources/</a> or call: (780) 424-2424
<b>Canadian Mental Health Association (CMHA) Edmonton</b>	Advocacy and Wayfinding: Cares for the needs and concerns of people living with challenges to their well-being.	Go online: <a href="https://edmonton.cmha.ca/programs-services/advocacy/">https://edmonton.cmha.ca/programs-services/advocacy/</a> or call (780) 414-6300 or Email: <a href="mailto:main@cmha-edmonton.ab.ca">main@cmha-edmonton.ab.ca</a>

# Crisis Lines

## Environmental Scan



### Online and telephone resources for care across Alberta

Name of crisis line	Brief description of resource/ service	How can you access the helpline, crisis line or on-line chat?
<b>Suicide Hotlines</b>	Helplines for clients with thoughts of harming themselves.	Call 780-482-4357 (HELP) 24/7 or 1-877-303-2642 toll free, 811 to find advice or call 1-800-SUICIDE (1-800-784-2433)
<b>Hope for Wellness</b>	Helpline and chat for people who want to access support quickly. The program was designed for people from First Nations. The support is offered in languages such as English, French, Cree, Ojibway, and Inuktitut.	Go online: <a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a> Call the Hope for Wellness Line: 1-855-242-3310
<b>Canadian Mental Health Association (CMHA) Edmonton Region</b>	Helpline and online chat support for people in crisis and living in Edmonton & Northern Alberta.	Call the helpline (24 hours): 1-800-232-7288 Call the helpline (24 hours): (780) 482-HELP (4357) Go online to crisis chat support: <a href="https://edmonton.cmha.ca/programs-services/online-crisis-chat/">https://edmonton.cmha.ca/programs-services/online-crisis-chat/</a>
<b>Distress and Suicide Prevention Line of Southwestern Alberta</b>	Helpline for people in crisis and living in Chinook Health Region & South Calgary Region.	Call the toll-free number (24 hours): 1-888-787-2880 Call the crisis line (24 hours): (403) 327-7905
<b>Distress Centre Calgary</b>	Helpline and online chat support for people in crisis living in Calgary and surrounding towns.	Call the helpline (24 hours): (403) 266-HELP (4357). Go online to crisis chat support: <a href="http://www.distresscentre.com">www.distresscentre.com</a>
<b>Some Other Solutions Society for Crisis Prevention</b>	Helpline for people in crisis and living in Fort McMurray & Northeastern Alberta.	Call the crisis line (24 hours): 1-800-565-3801 Call the crisis line (24 hours): (780) 743-HELP (4357)
<b>St. Paul and District Crisis Association</b>	Helpline for people in crisis and living in Alberta and Northeastern Saskatchewan.	Call the toll-free number (24 hours): 1-800-263-3045 Call the helpline (24 hours): (780) 645-5195

# Crisis Lines

## Environmental Scan



<b>Wheatland Shelter Society</b>	Helpline for people in crisis and living in Strathmore and surrounding area.	Call the crisis line (24 hours): 1-877-934-6634 Call the crisis line (24 hours): (403) 934-6634
<b>Dr. Margaret Savage Crisis Centre</b>	Helpline for people in crisis and living in Lakeland Region.	Call the crisis line (24 hours): 1-866-594-0533 Call the crisis line (24 hours): (780) 594-3353

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



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Learn more at: <https://www.healthyqol.com/>  
and find additional resources.