

MENTAL HEALTH RESOURCES

Provincial Government Support Resources:

- **British Columbia:** [Mental health and substance use supports](#)
- **Alberta:** [Help in Tough Times](#)
- **Saskatchewan:** [Mental Health Services](#)
- **Manitoba:** [Mental Health and Community Wellness](#)
- **Ontario:** [Provincial Mental Health Supports](#)
- **Newfoundland Labrador:** [Mental Health and Addictions](#)
- **Nova Scotia:** [Mental Health and Addictions](#)
- **Prince Edward Island:** [Mental Health Services](#)

Canada Government Support Resources:

- **Canadian Centre for Occupational Health and Safety:** [Mental Health](#)
- **Government of Canada:** <https://www.canada.ca/en/employment-social-development/services/health-safety/mental-health.html>
- **Mental Health Commission of Canada:** <https://mentalhealthcommission.ca/what-we-do/workplace/>
- **CMHA, Canadian Mental Health Association (General Mental Health Info):** <https://cmha.ca/>

Other Support Resources:

- **Mental Health America -** <https://mhanational.org/>

