

# Wellness Toolbox

written by Law Library | November 5, 2021

## **Links to Mental Health Resources**

A Wellness Toolbox is a collection of knowledge, positive habits, and resources you can invest in to support your health and well-being, now and in the future. A well-stocked toolbox will help you identify signs that you are struggling, and help you employ practical strategies and actions you can take when faced with a setback.

### **Emergency & Crisis Support**

#### **911**

Call now if you're experiencing a medical emergency.

#### **811**

811 is confidential and free, and staffed by experienced Registered Nurses. It is available to all residents of Newfoundland and Labrador any time, day or night. 811 Healthline nurses are available to listen, provide support, and connect you to health services in your area. If you are experiencing a mental health and addictions crisis, need support, or are looking for health information, call 811.

#### **Provincial Mental Health Crisis Line**

1-888-709-2929 or 811

#### **Mental Health and Addictions Systems Navigator**

1-877-999-7589 or (709) 752-3916

#### **Lifewise Mental Health Peer Support Warm Line**

1-855-753-2560

#### **Provincial Opioid Dependence Treatment line**

1-844-752-3588

## **First Nations and Inuit Hope for Wellness Help Line**

1-855-242-3310

## **Sexual Assault Crisis Line**

1-800-726-2743 or (709) 726-1411

## **The Crisis Text Line**

Powered by Kids Help Phone, adults can text “WELLNESS” to 741741 and youth can text “CONNECT” to 686868, to speak to a trained crisis responder.

## **Canada’s 24/7 Suicide Crisis Helpline**

988

## **IMAlive Online Crisis Helpline**

IMAlive is a nonprofit that prevents suicide and promotes mental health through online crisis chat support and educational campus events.

[\[read more...\]](#)

## **Lifeline Canada Foundation – Survivors of Suicide Loss**

LifeLine Canada supports people grieving a loved one lost to suicide with guides, resources, and emotional support.

[\[read more...\]](#)

## **Counselling and Therapy Options**

### **The Mental Health and Addictions Program**

This program offers a number of services in the Province to diagnose, treat, support, prevent and promote mental health and addictions within individuals, families and communities.

Regional Health Authority Services:

[Mental Health and Addictions – Health and Community Services](#)

[Eastern Health’s Mental Health and Addictions services](#)

[Central Health – Mental Health and Addictions](#)

[Western Health – Mental Health and Addictions](#)

[Labrador-Grenfell Health – Mental Health and Addictions](#)

## Support Services and Resources:

- [Counselling Options](#)
- [Emergency Services](#)
- [Help Lines and Navigator](#)
- [Hospital Care](#)
- [Housing Services](#)
- [Mental Health Care and Treatment Act](#)
- [Mental Health Promotion and Addiction Prevention](#)
- [National and Local Partners](#)
- [Online Supports](#)
- [Opioids and Naloxone](#)
- [Out of Province Treatment](#)
- [Provincial Mental Health and Addictions Advisory Council](#)
- [Provincial Recovery Council](#)
- [Regional Health Authorities \(RHAs\)](#)
- [Resources for Health Care Providers](#)
- [Treatment Centres](#)

### **DoorWays**

A single session, walk-in counselling service, available to youth and adults without an appointment or referral. DoorWays provides information and support focused on your need. Some examples of what you may want to discuss are: family, health, grief, work, relationships, stress, anxiety, depression, drinking or drug use. Call 811 and a Healthline nurse will provide you with a location near you.

### **Lifewise First Responders Warmline**

[Lifewise](#) is the only provincial organization created by and for individuals living with mental health and addictions issues. We exist to support and encourage individual recovery through self-determination, while working to break the stigma surrounding these issues in society. The journey to recovery isn't always a straight line, and the next step isn't always easy to see. It helps to talk to someone who's been there. Lifewise is proud to offer Peer Support services throughout

Newfoundland & Labrador.

[\[read more...\]](#)

### **Peer Support Canada**

Peer Support Canada (Accreditation and Certification) was created to carry on the work started by the Mental Health Commission of Canada, promoting the growth, recognition and accessibility of peer support. Peer support is emotional and practical support between two people who share a common experience, such as a mental health challenge or illness. A peer supporter has lived through that similar experience, and is trained to support others.

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### **Mental Health Commission of Canada**

The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.

[\[read more...\]](#)

### **Mindful Business Charter**

The Mindful Business Charter is a practical framework that encourages people to be more thoughtful about the impact we have on each other. It allows us to talk openly and honestly with others, by providing a common language built on four pillars.

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### **EHN Online**

Canada's first-of-its-kind online solution for treating mental health and addiction with the skills you need for success, and the support you need to maintain it.

[\[read more...\]](#)

### **Home – CMHA National**

Canadian Mental Health Association (CMHA) is a nationwide organization that promotes mental health and supports people recovering from mental illness.

[\[read more...\]](#)

### **BounceBack**

BounceBack® is a free program from the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Working with workbooks and a trained coach to guide you and encourage you to reflect, BounceBack® can help you build skills to improve your mental health.

[\[read more...\]](#)

### **MHFA Standard (Virtual) – Mental Health Commission of Canada**

Mental Health First Aid MHFA is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis.

[\[read more...\]](#)

### **CMHA-MHCC-Toolkit-Checklist**

Use this checklist to help you take stock of some of the strategies to ensure you are on the right track to promote the psychological health and safety of your employees.

[\[read more...\]](#)

### **Home – Bridge the Gapp**

Bridge the Gapp is a free online resource for youth and adults. It connects you to self-help information and local supports through a searchable service directory. You can also access a variety of tools to support your wellness. One offering is *I CAN (Conquer Anxiety and Nervousness) Adult program*, which is designed to help young adults (18-30 years) learn life skills to overcome anxiety and cope with major life stressors. The program offers distance telephone and online coaching, and is free to residents of Newfoundland and Labrador.

[\[read more...\]](#)

### **Navigators and Referral Services**

## **Professionals**

Free, confidential, 24/7 service providing access to thousands of community, social, health, and government resources across Newfoundland and Labrador. Legal professionals can use 211 to access referrals for housing, mental health, financial, employment, and accessibility supports, and to consult with trained Service Navigators.

[[read more...](#)]

## **Addiction and Recovery Resources**

- [Centre for Addiction and Mental Health](#)
- [The Grace Centre](#)
- [Humberwood](#)
- [The Recovery Centre](#)
- [Al-Anon Family Groups](#)
- [Narcotics Anonymous](#)
- [Narcotics Anonymous NL](#)
- [Canada Atlantic Region of Narcotics Anonymous](#)
- [Nar-Anon Family Groups](#)
- [Gamblers Anonymous](#)
- [Overeaters Anonymous](#)
- [Overeaters Anonymous NL](#)
- [Smokers' Helpline](#)
- [Safe Works Access Program \(SWAP\)](#)
- [How To Stay Sober During The Holidays](#)
- [Supporting Loved Ones In Recovery During The Holidays](#)

## **Eating Disorders and Food Security**

- [Community Food Sharing Association](#)
- [Eating Disorder Foundation of NL](#)
- [The HOPE Program – Eating Disorder Services](#)
- [Eastern Health – Eating Disorder Services](#)
- [Central Health – Eating Disorder Services](#)
- [Western Health – Eating Disorder Services](#)

## **Mental Health Programs and Tools**

- [Canadian Centre for Occupational Health and Safety](#)
- [Wellness Together Canada](#)
- [Government of Canada – Mental Health and Wellness](#)

## **Wellness and Professional Health for Lawyers**

- [The Canadian Lawyers Insurance Association Wellness Toolkit](#)
- [The Trauma Informed Lawyer Podcast](#)
- [Ideas with Nahlah Ayed](#)
- [What Makes Lawyers Happy? A Data-Driven Prescription to Redefine Professional Success](#)
- [Capitalizing on Healthy Lawyers: The Business Case for Law Firms to Promote and Prioritize Lawyer Well-Being](#)
- [Ready To Be Me](#)
- [Time to Reflect?](#)
- [Reflections on Mental Health](#)
- [The Litigator and Mental Health](#)
- [CBA Well-Being Programs](#)
- [The Well-Being Hour](#)
- [Freeing the Imperfect Lawyer](#)
- [Canadian Mental Health Resources for the Legal Profession](#)

This list is adapted from the appendix of *The Right Not to Remain Silent: The Mental Health Crisis in the Legal Profession* by Beth Beattie, Carole Dagher, and Thomas Telfer (UBC Press, 2024).

## **Law Society–Specific Supports**

- [Homeweb](#) – Professional Assistance Program Provider offers you a wealth of resources so you can learn, read, and get support however and whenever you need it.
- [The Homewood Health App](#) – Online Cognitive Behavior Therapy for the treatment of depression & anxiety
- [Homewood Health – Your Professionals’ Assistance Program Presentation](#)
- [The Health Library](#)

- [Tip 23: Access to Health and Wellness Resources](#)
- [Tip 33: Me-Time: Managing Stress & Finding Work-Life Balance](#)

### **Additional Reading and Learning**

- [Working from Home? 10 Expert Tips to Make it Work for You](#)
- [Supporting Families During COVID-19 \(Child Mind\)](#)
- [7 Self-Regulating Apps for Kids That Teach Mindfulness Techniques \(CBC\)](#)
- [Addressing Law's Mental Health Crisis Early](#)
- [The 2017 Path To Well-Being Report from the National Task Force on Lawyer Well-Being](#)
- [Am I Losing My Mind? Maintaining Cognitive Abilities as Senior Lawyers Age](#)
- [Law Society of Ontario Well-being Resource Centre](#)