

Be aware of potential resources

Fill this in on your own or obtain a list of resources available to you within your school or community **before you need them.**

Potential organizational resources

Human resources

Name/organization: _____

✉ _____

☎ _____

Wellness/health centre

Name/organization: _____

✉ _____

☎ _____

Benefits provider

Name/organization: _____

✉ _____

☎ _____

Occupational health nurse

Name/organization: _____

✉ _____

☎ _____

Employee Assistance Program (EAP)

Name/organization: _____

✉ _____

☎ _____

Association or membership resources

Name/organization: _____

✉ _____

☎ _____

Peer support program

Name/organization: _____

✉ _____

☎ _____

Other

Name/organization: _____

✉ _____

☎ _____

Leader or manager

Name/organization: _____

✉ _____

☎ _____

Potential community resources

Family doctor

Name/organization: _____

✉ _____

☎ _____

Local branch of the Canadian Mental Health Association (CMHA)

Name/organization: _____

✉ _____

☎ _____

Mood disorder services

Name/organization: _____

✉ _____

☎ _____

Addiction services

Name/organization: _____

✉ _____

☎ _____

Distress/help line

Name/organization: _____

✉ _____

☎ _____

Child and family services

Name/organization: _____

✉ _____

☎ _____

Spiritual or bereavement counseling through church, temple, mosque or funeral home

Name/organization: _____

✉ _____

☎ _____

Circle of support – people who agree in advance to support each other

Name/organization: _____

✉ _____

☎ _____

Physically close supporters(those you see regularly)

Name/organization: _____

✉ _____

☎ _____

Peer support services

Name/organization: _____

✉ _____

☎ _____

Other

Name/organization: _____

✉ _____

☎ _____