



WHO YA' GONNA' CALL?

MENTAL HEALTH RESOURCE LIST

As such, the checklists will focus on anxiety disorders, mood disorders including major depression and bipolar disorder, substance-related disorders and psychotic disorders, with the intent to help recognition of self and others.

Actively listen, affirm and paraphrase what you are hearing them say, and decide:

Make this list personal.

This list can help you and other people find community supports. Add phone numbers for your own local community supports. Write down other resources in your own community like counsellors, psychologists, social workers, chaplains, etc.

To find the number of your local distress centre, go online and search for these terms—*distress centre* and the name of your local *community*.



If this is an emergency, **call 911 immediately** or **go to local emergency department.**

Call the direct suicide support line at **1-833-456-4566** or **text 45645** if you or another person is in crisis and suicidal.

This is available for anyone (not veterinary specific) in Canada. This is a crisis line for immediate help. It connects people to their local crisis centre. List of all crisis centres available at www.suicideprevention.ca.

Veterinary Provincial Employee Family Assistance Plan (EFAP) Providers—Check with your association to ensure you have the most up-to-date information. As of June 25, 2019 the information is as follows:

British Columbia, Alberta, and Manitoba

Veterinary Medical Associations EFAP Provider is Homewood Health

- 1-800-663-1142. Press (1) for immediate crisis support, offered 24/7.
- homeweb.ca

Saskatchewan

Veterinary Medical Association EFAP Provider is Professional Psychologists and Counsellors (PPC)

- 1-306-664-0000 or 1-888-425-7721
- office@peopleproblems.ca
- peopleproblems.ca
- Service available to all active general, practicing, and educational SVMA members (must have been licenced for six months).
- Four hours of complimentary services annually.
- Your licence number is required.





This list was written by Dr. Kathy Keil. Dr. Keil studied cognitive and neuropsychology in her undergraduate and graduate psychology degrees prior to attending veterinary school. She is not a licenced psychologist. She has training in Mental Health First Aid, safeTALK suicide awareness, ASIST suicide intervention, and is licenced to teach safeTALK. She regularly teaches suicide awareness and basic intervention skills to veterinary professionals and ways for them to take care of their own mental well-being. She is a member of the ABVMA Member Wellness Committee and a technical services veterinarian with Merck Animal Health. She is the leading force behind the Merck-CVMA "It's Time to Talk about Mental Health in Vet Med" Awareness Campaign.

The CVMA also has a list of support services categorized per province: canadianveterinarians.net/documents/resources/vet-health-wellness-helplines-support-services



Ontario

Veterinary Medical Association EFAP Provider is WorkHealthLife

- 1-844-880-9137
- workhealthlife.com. Available to OVMA members and their family.
- Professionals Health Program: 1-800-851-6606 (available to veterinarians registered with College of Veterinarians of Ontario only).

Quebec

AMVQ Association EFAP Provider is Morneau Shepell

- 1-800-361-2433
- travailsantevie.com

New Brunswick

Veterinary Medical Association EFAP Provider is Clinic of Applied Psychology

- 1-506-858-9180
- cpamoncton.ca/fr (French)
- cpamoncton.ca/en/ (English)
- Service available to veterinarians registered with the New Brunswick Veterinary Medical Association.
- Three complimentary sessions with a psychologist (confidential).
- Bilingual appointments available in Moncton or with one of their partners across the province.

Nova Scotia

Veterinary Medical Association EFAP Provider is the Professional Support Program

- 1-800-563-3427
- Service available to veterinarians registered with the Nova Scotia Veterinary Medical Association.

Prince Edward Island

has no provincial EFAP Provider.

- Direct suicide support: 1-800-218-2885

Newfoundland and Labrador

has no provincial EFAP Provider.

- Mental Health Crisis Centre (NL): 1-888-737-4668

Northwest Territories/Nunavut/Yukon

has no EFAP Provider.

- Canadian association for suicide prevention NWT: 1-800-661-0844
- nwthelpline.ca
- Nunavut/Nunavik: 1-800-265-3333

