

# RESCON Fifth Annual Mental Health and Addiction Webinar

## Mental Health Resources

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If you need help in an emergency or are in a crisis, **call 911 or visit your local emergency department.**

CAMH also has a 24/7 Psychiatric Emergency Department (the only of its kind in the province) at 250 College Street location.

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### Distress Lines

Toronto Distress Centres	416 408-4357 or 408-HELP
Gerstein Centre	416 929-5200
Spectra Helpline	416 920-0497 or 905 459-7777 for Brampton and Mississauga residents
Assaulted Women's Helpline	416 863-0511; Toll-free: 1 866 863-0511
Kids Help Phone	1 800 668-6868
Community Crisis Line Scarborough & Rouge Hospital	416 495-2891 for 24/7 telephone crisis support.
Durham Crisis and Mental Health Line	905 666-0483
Oakville Distress Centre	905 849-4541 for residents of Halton Region

### Non-urgent Lines

Telecare	416-920-0497
Progress Place Warm Line	416-960-9276 or 416-960-WARM, every day from 8pm to 12 midnight
TeleHealth	1-866-797-0000

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### Resources for Employers

- ❖ [Kay Psychotherapy](#) (289-600-3262)
- ❖ [Workplace Mental Health Resource Centre](#)
- ❖ [Mental Health Commission of Canada](#)
- ❖ [Comprehensive Blueprint for Workplace Suicide Prevention](#)
- ❖ [LivingWorks](#)
- ❖ [Mental Health First Aid](#) Canada helps employees and managers increase their awareness of the signs and symptoms of the most common mental health problems and know- how to help if a colleague begins to experience a mental health problem or crisis.
- ❖ [The Working Mind First Responders](#) is specifically designed for first responders to help reduce the stigma that often surrounds mental health problems and mental illness.
- ❖ [The Working Mind](#) is intended to address and promote mental health and reduce the stigma of mental illness in a workplace setting, while increasing resiliency.
- ❖ [Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace](#) is a free online course is recommended for anyone interested in learning more about how you can contribute to positive mental health at work.

## New Opioid and Naloxone Resources for Employers

- ❖ [Safety Talk: Opioids in the trades](#)
  - ❖ [Article: Opioids and Harm Prevention](#)
  - ❖ [IHSA offers FREE naloxone eLearning program to eligible workplaces](#)
  - ❖ [Opioid use and workplace implications for trade sectors \(W132\)](#)
  - ❖ [Understanding opioid-related harms and the need for naloxone kits in construction workplaces \(W133\)](#)
  - ❖ [Frequently Asked Questions About Naloxone Kits in Workplaces \(W135\)](#)
  - ❖ [The Opioid Crisis in the Trades Toolbox](#)
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## Resources for Employees

- ❖ [Occupational Health Clinics for Ontario Workers Inc.](#)
  - ❖ [9-8-8](#)
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## Government Resources

[Connex](#)

[Breaking Free](#)

[Edgewood Health Network](#)

[Ontario Structured Psychotherapy \(OSP\) Program](#)

[Think Mental Health](#)

[1-866-531-2600, live online chat, email](#)

833-325-1338

1-866-963-1483