



# AMRTA

ATLANTIC MRT ACCORD

## Resources from the AMRTC Survey

Thank-you to everyone who contributed to the AMRTC feedback survey. With your help, we were able to compile the following list of resources that you may find helpful for mental health and wellness support.

**Employee (Family) Assistance Program (EAP or EFAP)** – Most major organizations offer an EAP service free of charge for their employees. These services are confidential and include supports for work, health and life, from nutrition and mental health, to financial health and legal support. Check your employer’s website for the information.

**Mental Health First Aid** – “MHFA is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health.”

<https://www.mentalhealthcommission.ca/English/resources/mental-health-first-aid>

<http://sia.ca/English/Courses-and-Training/Pages/Course%20Descriptions/MENTAL-HEALTH-FIRST-AID.aspx>

<https://www.mhfa.ca/>

**Mental Health Commission of Canada** –

<https://www.mentalhealthcommission.ca/>

**Mentally Healthy Workplace** –

<https://www.mentalhealthcommission.ca/English/what-we-do/workplace>

**Arpeggio Health Services** –

<https://www.arpeggiohealthservices.com/>

**The Working Mind Workshop offered at many health facilities** -

<https://www.mentalhealthcommission.ca/English/resources/training/working-mind>

**211** – Resource for navigating human services information and resources

**Not Myself Today** – A website is information and tools for having sensitive conversations about your mental health and wellness.

<http://notmyselftoday.ca>

**Canadian Society for Medical Laboratory Science (CSMLS) Mental Health Toolkit** –

<https://mentalhealth.csmls.org/>