

Resources

Mental Health Works

www.mentalhealthworks.ca

Canadian Mental Health Association (CMHA)

www.cmha.ca

Understanding Mental Illness (CMHA Fact Sheets)

www.cmha.ca/bins/content_page.asp?cid=3&lang=1

Working Through It: Stories of reclaiming wellbeing at work, off work and returning to work

www.gwlcentreformentalhealth.com/wti

Great West Life Centre for Mental Health in the Workplace

www.gwlcentreformentalhealth.com

Guarding Minds at Work

www.guardingmindsatwork.ca

Mood Disorders Society of Canada

www.mooddisorderscanada.ca

Mental Health Commission of Canada

www.mentalhealthcommission.ca

Canadian Centre on Substance Abuse (CCSA)

www.ccsa.ca

The Depression Center and The Panic Center: Online Cognitive Behavioural Therapy (CBT)

www.depressioncenter.net

www.paniccenter.net

Workplace Strategies for Mental Health

www.workplacestrategiesformentalhealth.com