



CMHA support programs

Below is a list of some of the programs offered regionally across Canada to help people living in Canada with their mental health.

To find more specific programs close to home, visit the online finder tool [here](#).

British Columbia:

We are Indigenous: Big Worries / Fears, Parent / Caregiver support program:

A free resource to support First Nations, Metis, and Inuit families across BC whose children aged 3 – 12 years are struggling with the experience of the Big Worries / Fears, or what the Western worldview calls anxiety.

Indigenous-centered wellness practices and strategies are offered to help children increase their skills and Strong-Spiritedness, in order to push back against the Big Worries/Fears.

[Learn more.](#)

Additional programs offered by [CMHA British Columbia](#) can be found [here](#).

Alberta:

Rural Mental Health Network:

Striving to strengthen community capacity for better mental health in rural and remote communities through ongoing training, network collaboration, and funding.

[Learn more.](#)

Caregiver Connections:

A peer-led support program for those caring for someone diagnosed with a mental illness or who has a mental health concern. The program works toward enhancing the wellbeing of caregivers with resources and community support.

[Learn more.](#)



OSI-CAN Alberta:

a community-based peer support initiative designed to assist military, first responder and public safety personnel through connection and group support in dealing with Operational and Post Traumatic Stress.

[Learn more.](#)

Healthy Campus Alberta:

a community of practice whose vision is to educate, collaborate and advocate to transform culture and create caring campus communities throughout the province of Alberta. Their mission is to create an inclusive, collaborative, and community-integrated approach to mental health and wellness on post-secondary campuses.

[Learn more.](#)

Additional programs offered by [CMHA Alberta](#) can be found [here](#).

Saskatchewan:

Caregiver Affected Recovery Education (C.A.R.E.) Program:

Offering support and education to anyone who provides services and assistance to vulnerable individuals. Understanding the difficulties faced by caregivers, emphasis is on self-care and other important tools to help stay healthy while providing caregiver services.

[Learn more.](#)

Gambling Awareness Program:

Educating communities and groups about the facts and risks associated with traditional gambling and its modern digital offshoots. Free, fun and engaging presentations and resources are available.

[Learn more.](#)

Additional programs offered by [CMHA Saskatchewan](#) can be found [here](#).

Manitoba:

Service Navigation Hub:

Specialists are available to help all Manitobans find the best type of care or service to match their needs. No one should have to navigate the complex system of care alone.

[Connect now.](#)



Well-Being Learning Centre:

A mental health and well-being campus that promotes recovery, well-being, and knowledge. Operates on the belief that everyone can experience recovery and thrive within healthy and supportive communities. Participate in any number of free online courses that are informative and interactive and developed collaboratively with individuals who have lived experience and those with professional experience.

[Learn more.](#)

Additional programs offered by [CMHA Manitoba](#) can be found [here](#).

Quebec:

BounceBack:

Free program designed to help adults and youth 14+ manage low mood, mild to moderate depression, anxiety, stress or worry. Working with a trained coach, the program can help build skills to improve mental health. Available in French and English.

[Learn more.](#)

Adap.t :

Providing various tools to youth workers, teachers and parents so they can better support young people and their mental health. Available in French and English.

[Learn more.](#)

Mental Health Demystified:

Online interactive webinar designed to answer frequently asked questions about mental health. It will help address the subject of psychological health in your environment (work, community, home) while developing concrete tools for well-being. Available in French and English.

[Learn more.](#)

TextoMotive:

A free program that encourages self-compassion by sending a daily reflection directly to subscribers on their phone every morning at 9am. Available in French and English.

[Learn more.](#)

**Service d'écoute téléphonique d'écoute téléphonique :**

Un service anonyme et confidentiel. La ligne d'aide s'adresse aux personnes vivant de la solitude, une période difficile ou de la détresse psychologique et qui désirent en parler pour être aidées. Uniquement en français.

[Pour en savoir plus.](#)

Courage :

Un programme destiné aux hommes adultes de la région du Saguenay ayant des comportements violents. Ce programme consiste à identifier et comprendre ces comportements dans le but de les cesser, d'apprendre à parler de soi et à s'affirmer sans violence, tout en touchant divers sujets. Uniquement en français.

[Pour en savoir plus.](#)

Programme d'accompagnement justice – sante mentale :

Éviter le recours à l'emprisonnement des personnes qui présentent des problèmes de santé mentale en favorisant l'encadrement et le suivi dans la communauté. Uniquement en français.

[Pour en savoir plus.](#)

Stabilité résidentielle avec accompagnement :

En aide aux personnes ayant une problématique de santé mentale en situation d'itinérance chronique ou épisodique et qui veulent vivre en logement. De plus, ce programme offre du soutien au logement pour les personnes en situation d'itinérance situationnelle ou imminente afin qu'elles se maintiennent en logement. Uniquement en français.

[Pour en savoir plus.](#)

Additional programs offered by [CMHA Quebec](#) can be found [here](#).

Ontario:**Agriculture Wellness Ontario:**

A suite of programs designed to ensure farmers are getting mental health support when and where they need it. These barrier-free mental health programs are tailored to support those working in Ontario's agriculture sector.

[Learn more.](#)



Additional programs offered by [CMHA Ontario](#) can be found [here](#).

New Brunswick:

CMHA of New Brunswick offers a variety of services and programs that are accessible to both the public and other support organizations.

Offered throughout the province and tailored to the specific community, a full list of programs can be found [here](#).

Nova Scotia:

Communities Addressing Suicide Together (CAST):

Working with communities to build and strengthen their capacity to use suicide prevention techniques through the development and sustainability of an extensive online resource hub.

[Access now.](#)

Thrive Learning Centre:

An online hub where adults can go to learn about mental health and well-being. Access free workshops to learn, gain new skills, and connect with others in the community.

Developed by subject matter experts in collaboration with individuals with lived experience, the schedule is updated quarterly.

[Learn more.](#)

Additional programs offered by [CMHA Nova Scotia](#) can be found [here](#).

Prince Edward Island:

Suicide Prevention & Life Promotion Program:

Coordinates a variety of suicide prevention, intervention, and post-vention (aftercare) strategies with the goal of reducing the incidence of suicide and lessening the impacts of suicidal behaviour.

[Learn more.](#)

Peer Support Program:

Eight Peer Support Specialists who offer the following services: hosting peer support groups, one-on-one sessions, and accompanying clients to appointments. The program



also offers a Peer Support Group, *Still Here*, which is a safe, open environment to support each other in coping with mental health challenges.

[Learn more.](#)

Additional programs offered by [CMHA PEI](#) can be found [here](#).

Newfoundland & Labrador:

Education Programs:

Offering mental health and mental illness awareness and educational sessions for children, youth, young adults and parents through schools, community groups and community centres. Regular presentations and training sessions are available online as well as customizable sessions to meet your specific needs.

[Learn more.](#)

Workplace Mental Health Program:

Addresses work/life balance, building respectful workplaces, and dealing with stress and mental illness in the workplace.

[Learn more.](#)

Additional programs offered by [CMHA Newfoundland & Labrador](#) can be found [here](#).

Yukon:

Art Therapy Workshop:

Art therapy pairs the creative process with psychotherapeutic approaches to support self-expression, self-reflection, and healing. It is a dynamic and adaptive approach that can be used with children, youth and adults to address a spectrum of issues spanning the human experience.

[Learn more.](#)

Additional programs offered by [CMHA Yukon](#) can be found [here](#).