



DEPRESSION

Free, open access mental health support services across Canada

CRISIS SUPPORT

Crisis Services Canada

Local distress centres and crisis organizations across Canada.

<https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>



IN-PERSON SUPPORT



Canadian Mental Health Association (CMHA) regional locations

Search your postal code and then scroll down past the map to see regional branches. In the box that lists details for the branch in your area, click the link in the contact information. From the home page on your regional site, click 'Our Services.' There are a wide variety of services and counselling formats available. Most have walk-in/drop-in services that do not require a referral.

<https://cmha.ca/find-your-cmha>

SELF-DIRECTED ONLINE AND SMARTPHONE APP SUPPORTS

*Free unless otherwise noted

Mood Gym

(\$39/year subscription)

Self-help program that supports learning and practice of cognitive behaviour therapy skills to manage symptoms of depression.

<https://moodgym.com.au/>

BounceBack®

Skill-building program designed to help manage mild to moderate depression and anxiety symptoms. Delivered over the phone with a coach and through online videos.

<https://bounceback.cmha.ca/>

CBT-i Coach

An app to help with insomnia. Learn about sleep and work to develop good habits. Features include an insomnia severity index (ISI) assessment and sleep diary to track progress.

https://www.ptsd.va.gov/appvid/docs/CBTiCoachFlyer_508.pdf

MindShift® CBT

An app that helps you learn to relax, be mindful, develop helpful ways of thinking, and take steps to help with anxiety.

<https://www.anxietycanada.com/re>

CALM: Computer Assisted Learning for the Mind

Self-guided activities to help with symptoms of depression. Focuses on mental resilience, managing stress, anxiety, healthy relationships, and finding meaning in life.

<https://www.calm.auckland.ac.nz/>

Mind Over Mood

Self-help workbook using evidence-based methods to teach skills and principles based in cognitive behaviour therapy.

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

MoodMission

(\$6.99 purchase from the app store)

An app that gives 5 simple "missions" to help improve mood. Provides explanations on how each mission can help with depressive symptoms.

<https://moodmission.com/>

Text4Mood

Cognitive behavioural therapy (CBT) based daily supportive text message program available across Canada. Standard text messaging rates apply. Text "MOOD" to 393939.

<https://www.resiliencenhope.org/programs>

NOTES

