

Mental Health Resources

A GUIDE TO COLLEGE AND COMMUNITY SUPPORTS



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About This Guide

THIS GUIDE



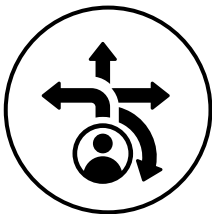
OVERVIEW OF RESOURCES

This guide provides an overview of the mental health resources that are available to students, both through the college and in the community.



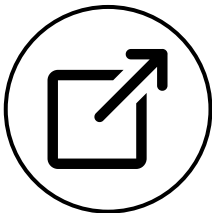
COLLEGE RESOURCES

College/student-specific resources are indicated by the colour green.



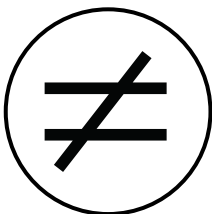
PATHWAYS TO CARE

Resources are categorized to fit with a Pathways to Care model, which breaks down the different levels and methods of getting support.



HYPERLINKED

Almost all of the resources mentioned are hyperlinked to take you to more information (if applicable). Click on the resource icon to access the link.



NON-EXHAUSTIVE

This guide provides an overview of the primary resources available, and is not to be considered a full list.

Other Resources

Other resources and resource directories are available on the Counselling Services webpage.



COLLEGE RESOURCES

Algonquin College, and the Pembroke campus specifically, have a variety of resources to help you support and manage your mental health.



Counselling Services

Short-term counselling and as-needed support for mental health concerns



Centre for Accessible Learning

Academic accommodations and support services for students with disabilities



Health Services

Advice, support, and resource referral for health concerns



Groups and Workshops

Free groups and workshops for mental health and wellness



The Beacon

One-on-one drop-in support provided by trained student peers

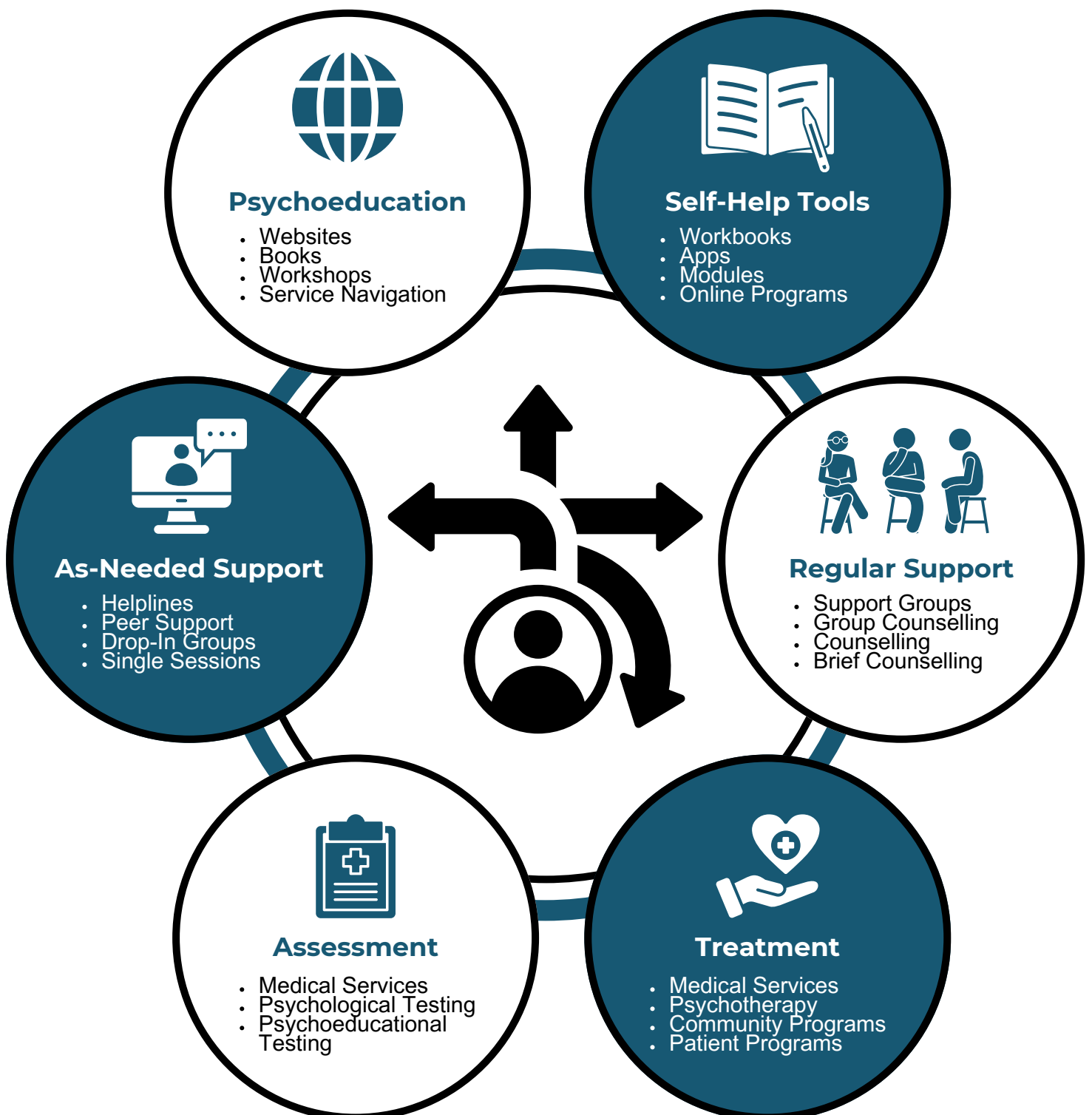


Self-Help Resources

Access to free resources and resource lists for wellness and mental health

PATHWAYS TO CARE

There are many different ways that you can access support, to best fit your individual needs, circumstances, and preferences.



A GUIDE TO THE GUIDE

I'M LOOKING TO ENHANCE OR MAINTAIN MY WELLNESS

- Browse the **psychoeducation** and **self-help** sections (p. 9-10)
- Review what **workshops or groups** could be helpful (p. 14, 17)

I'M LOOKING TO ADD TO MY SUPPORT NETWORK

- Review the different **college services** that might be helpful (p. 5)
- Browse your options for **drop-in** or **as-needed support** (p. 14-15)
- Review your options for **counselling** and other **services and/or programs** (p. 18, 25)

I COULD BENEFIT FROM SOME ADDITIONAL STRATEGIES

- Browse the **psychoeducation** and **self-help** sections (p. 9-10)
- Review what **workshops or groups** could be helpful (p. 14, 17)
- Consider talking with a **counsellor** for guidance (p. 15)

I'M STRUGGLING AND NEED SUPPORT

- Review the different **college services** that might be helpful (p. 5)
- Consider talking things out with a **trained student peer** or **helpline counsellor** (p. 13, 14)
- Review your options for connecting with a **healthcare professional** (p. 15, 18, 20, 23, 26)

I'M LOOKING FOR A DIAGNOSIS

- Consider connecting with the **counsellor** or **disabilities counsellor** for guidance (p. 5)
- Review the community options for **clinical assessment** (p. 20-21)

I NEED TO TALK TO SOMEONE SOON

- Consider a same-day drop-in chat with a **trained student peer** (p. 14)
- Review your options for **same-day or same-week support** (p. 13, 15)
- Review your options for connecting with a **health-care professional** (p. 15, 18, 23)
- Review your options for support if you are in **crisis** (p. 12)

I'M LOOKING FOR TREATMENT OR ONGOING SUPPORT

- Review your options for connecting with a healthcare professional (p. 15, 20, 23)
- Review your options for **group support** and **counselling** (p. 17, 18)
- Review your options for **treatment** and **community services** (p. 23-25)
- Consider your options for **service navigation** and resource referral (p.26)

Self-Help Resources

PSYCHOEDUCATION

Looking for information about mental health, certain mental health conditions, and/or general approaches to management? There are many online resources which provide information and guidance.



Healthline



HelpGuide



**Centre for
Addiction & MH**



**Bridge
the gApp**

Social Media

YouTube, Instagram, and TikTok all have some great mental health information. Just ensure that you're consuming content created by a licensed mental health professional.



SELF-HELP TOOLS

Are you wanting to explore strategies and techniques? Learn at your own pace through these self-led therapeutic resources.



WellTrack Boost

A guided online program which provides support for stress, mood, and anxiety
Use Code: ALGONQUINCOLLEGE



Bounce Back

A provincially-funded program which provides videos, workbooks, and coaching via Telehealth



E-Couch

A low-cost program which offers access to guided modules for mood and anxiety management



CCI

Free handouts and workbooks for anxiety, depression, self-esteem, and other mental health concerns

Phone Apps

There are a variety of phone apps available, for support for everything from mood tracking to guided interventions and techniques. The Self-Help Guide for Mental Health has a breakdown of these apps, depending on what you are looking for support for.



As-Needed Support

CRISIS SUPPORT



Suicide Crisis Helpline

24/7 support for suicidal ideation

9-8-8



Mental Health Crisis Line

24/7 support for distress or crisis

1-866-996-0991



Good2Talk Helpline

24/7 support for students

1-866-925-5454



Hope for Wellness

Support for Indigenous peoples

1-855-242-3310

Pembroke Regional Hospital

705 Mackay St.
Pembroke, ON K8A 1G8
613-732-2811



HELPLINES



Mental Health Crisis Line

1-866-996-0991



Good2Talk Helpline

1-866-925-5454



Suicide Crisis Helpline

9-8-8



Hope for Wellness Helpline

1-855-242-3310



LGBT Youth Line

1-800-268-9688



Trans Lifeline

1-877-330-6366



Women's Sexual Assault Centre Line

1-800-663-3060



Regional Assault Care Program

1-800-363-7222



Bernadette McCann House Crisis Line

1-800-267-4930



Veteran's Affairs Crisis Line

1-800-268-7708



Health 811 Ontario

811 / 1-866-797-0007



Homelessness Prevention Line

613-732-2601

DROP-IN / PEER SUPPORT



The Beacon (currently unavailable)

Drop-in one-on-one support is available virtually Monday - Friday. Trained peers offer students a safe, non-judgmental space to talk or ask questions about mental health, stress and coping, substance use, sexual health, and sexual violence.



Drop-In Groups

Psychoduction, skills, and support groups are available virtually through the Ottawa campus. No commitment or registration is required. Ask the Pembroke counsellor about Pembroke groups and events. Groups include:

- Dialectical Behaviour Therapy
- Phototherapy
- Career Chats
- Studying in the Parent Zone
- Relationship Discussions
- Healthy Sexuality and Relationships

Togetherall

Togetherall is a free app, which offers 24/7 access to support from peers and professionals. Other resources include self-assessments, self-guided courses, and creative expression tools.



SINGLE SESSIONS

Not sure if you want or need long-term or even short-term counselling? Just looking to have someone to talk things out with, whenever things come up? Free single-session counselling is available for as-needed support.



Counselling Connect

Counselling Connect facilitates quick access to a free phone or video counselling session, with daytime, evening, and weekend availability and minimal wait times.



WeConnect

Students with a Student Health Plan have access to free counselling and other resources through the WeConnect Program.

Counselling Services

The campus counsellor provides confidential short-term counselling and support for mental health, personal, academic, and career concerns.



Regular Support

GROUP SUPPORT



Group Counselling

Structured group counselling is available virtually through the Ottawa campus.



Counselling Connect

Counselling Connect offers groups online, including support for substance use, anxiety and depression, grief, perinatal mental health, caregiving, parenting, and queer and trans support.



The Robbie Dean Centre

The Robbie Dean Counselling Centre offers groups for anxiety and depression management, trauma, grief and loss, pet loss support, and anger management.

Peer-Led Groups

Support is available through groups such as Alcoholics Anonymous, Narcotics Anonymous, Adult Children of Alcoholics, Overeaters Anonymous, and SMART Recovery.



COUNSELLING



WeConnect

Students with a Student Health Plan have access to free counselling and other resources through the WeConnect Program.



WES for Youth Online

WES for Youth Online provides free, virtual, ongoing counselling with a professional counsellor, for youth ages 17-24.



Other Options

Talk to the campus counsellor to explore what your other options may be, including support through your doctor's office, an EAP program, virtual programs, or reduced-fee services.

Counselling Services

The campus counsellor provides confidential short-term counselling and support for mental health, personal, academic, and career concerns.



Assessment Options

- **Psychodiagnostic Assessment:** mood and anxiety disorders, personality disorders, other clinical disorders
- **Psychoeducational Assessment:** ADHD, ASD, learning disabilities and difficulties, executive function difficulties
- In Ontario, clinical diagnosis can only be assessed and communicated by a general practitioner, psychiatrist, clinical psychologist, or nurse practitioner.
- If fee-for-service is necessary, a portion of the cost may be covered by extended insurance plans. Please note that some insurance companies require a referral for assessment from a family doctor.
- Post-secondary students may be eligible for an OSAP bursary that covers a portion of assessment costs; speak with the disabilities counsellor.

HEALTH SERVICES

For assessment and/or a referral for clinical or psychoeducational assessment, students can first connect with a general practitioner.



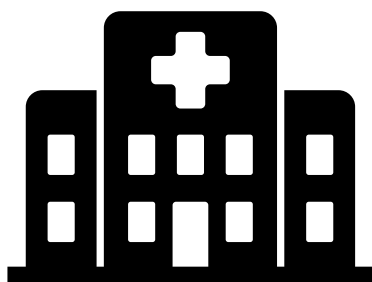
Family Doctor

Your family doctor may be able to provide screening, assessment, and/or diagnosis. VTAC may be an option if you cannot easily access your regular physician.



Renfrew County VTAC

The Virtual Triage and Assessment Centre provides Telehealth appointments for individuals without a family doctor.



Acute Care

If your symptoms are escalating, you may be best helped by taking yourself directly to a local Emergency Department to try and connect with the Mental Health Team, including the on-call psychiatrist.

College Services

Speak with the campus nurse or counsellor if you need assistance navigating and finding a physician or other medical professional for assessment purposes.



CLINICAL ASSESSMENT

Clinic/Practice	Psychodiagnostic	Psychoeducational
<u>Pembroke Psychological Services</u>	✓	✓
<u>Renew Neurotherapy</u>	✓	✓
<u>Capital Psychological Services</u>	✓	✓
<u>Ottawa West Professional Services</u>	✓	✓
<u>Gilmour Psychological Services</u>	✓	✓
<u>Centre for Interpersonal Relationships</u>	✓	✓
<u>Westboro Psychological Services</u>		✓
<u>Anchor Psychological Services</u>	✓	✓
<u>Frida</u>		✓
<u>Possibilities Clinic</u>		✓

Treatment Options

MEDICAL SERVICES

Connecting with a qualified medical professional may help with accessing treatment such as medication, or treatment services requiring referral.



Family Doctor

Your family doctor may be able to provide you with screening and information about treatment options, including medications.



Renfrew County VTAC

The Virtual Triage and Assessment Centre provides Telehealth appointments for individuals without a family doctor.



Youth Wellness Hub

The Renfrew County Youth Wellness Hub is available to youth ages 12-25, and offers primary care, system navigation, and mental health and addiction services.

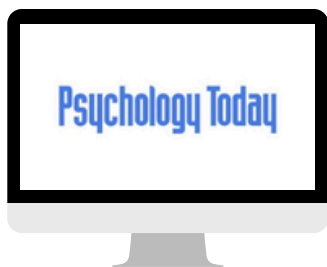
Emergency Department

If your symptoms are escalating, you may be best helped by taking yourself directly to a local Emergency Department to try and connect with the Mental Health Team, including the on-call psychiatrist.



PSYCHOTHERAPY

Most longer-term counselling, more intensive support, and psychotherapy services are available through private practices.



Psychology Today

A search directory for therapists across Ontario and Canada, with fields to narrow your search



First Session

Browse videos from therapists to help you get a sense of the potential fit and comfort



Affordable Network

A search directory for therapists who offer pro bono, reduced fee, or sliding-scale services



OSP Program

The Ontario Structured Therapy program funds brief Cognitive Behavioural Therapy

Counselling Services

The campus counsellor has access to a referral system and can help you navigate your options and find support that fits your needs



COMMUNITY PROGRAMS

Depending on your needs, there are different support services and treatment programs available in Renfrew County.



The Robbie Dean Centre

The Robbie Dean Counselling Centre provides short-term counselling and other group services for support for mental health concerns.



Youth Wellness Hub

The Renfrew County Youth Wellness Hub is available to youth ages 12-25, and offers primary care, system navigation, and mental health and addiction services.



North Renfrew Family Services

North Renfrew Family Services provides counselling and other support services to individuals, couples, and families residing in the North Renfrew area.

Mental Health Services of Renfrew County

MHSRC has different programs, including service navigation, crisis and group support, and adult mental health counselling.



SERVICE NAVIGATION

The best way to receive screening for and guidance with support options is to access one of Ontario's service navigation resources.



AccessMHA

AccessMHA provides preliminary assessment and resource navigation services, for individuals 16+ looking for addiction or mental health support.



Connex Ontario

Connex Ontario provides health information and resource referral services.



EMentalHealth

EMentalHealth has a large database of Ontario-based programs, services, and resources.



211 Ontario

211 Ontario can help to connect you to a variety of health and social services