

# Mental Health Resources

A GUIDE TO COLLEGE AND COMMUNITY SUPPORTS



# TABLE OF CONTENTS

## 01 About

The Guide .....	4
College Resources .....	5
Pathways to Care .....	6
Guide to the Guide .....	7

## 02 Self-Help Resources

Psychoeducation.....	9
Self-Help Tools .....	10

## 03 As-Needed Support

Crisis Support .....	12
Helplines .....	13
Drop-In/Peer Support .....	14
Single-Session Counselling .....	15

## 04 Regular Support

Group Counselling .....	17
Counselling .....	18

## 05 Assessment Options

Health Services .....	20
Clinical Assessment .....	21

## 06 Treatment Options

Medical Services .....	23
Psychotherapy .....	24
Community Programs .....	25
Service Navigation .....	26

# About This Guide

# THIS GUIDE

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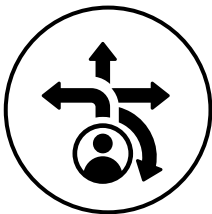
## **OVERVIEW OF RESOURCES**

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



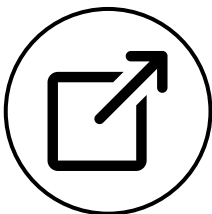
## **COLLEGE RESOURCES**

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



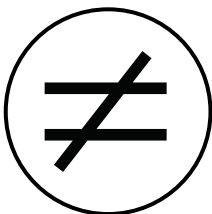
## **PATHWAYS TO CARE**

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

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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

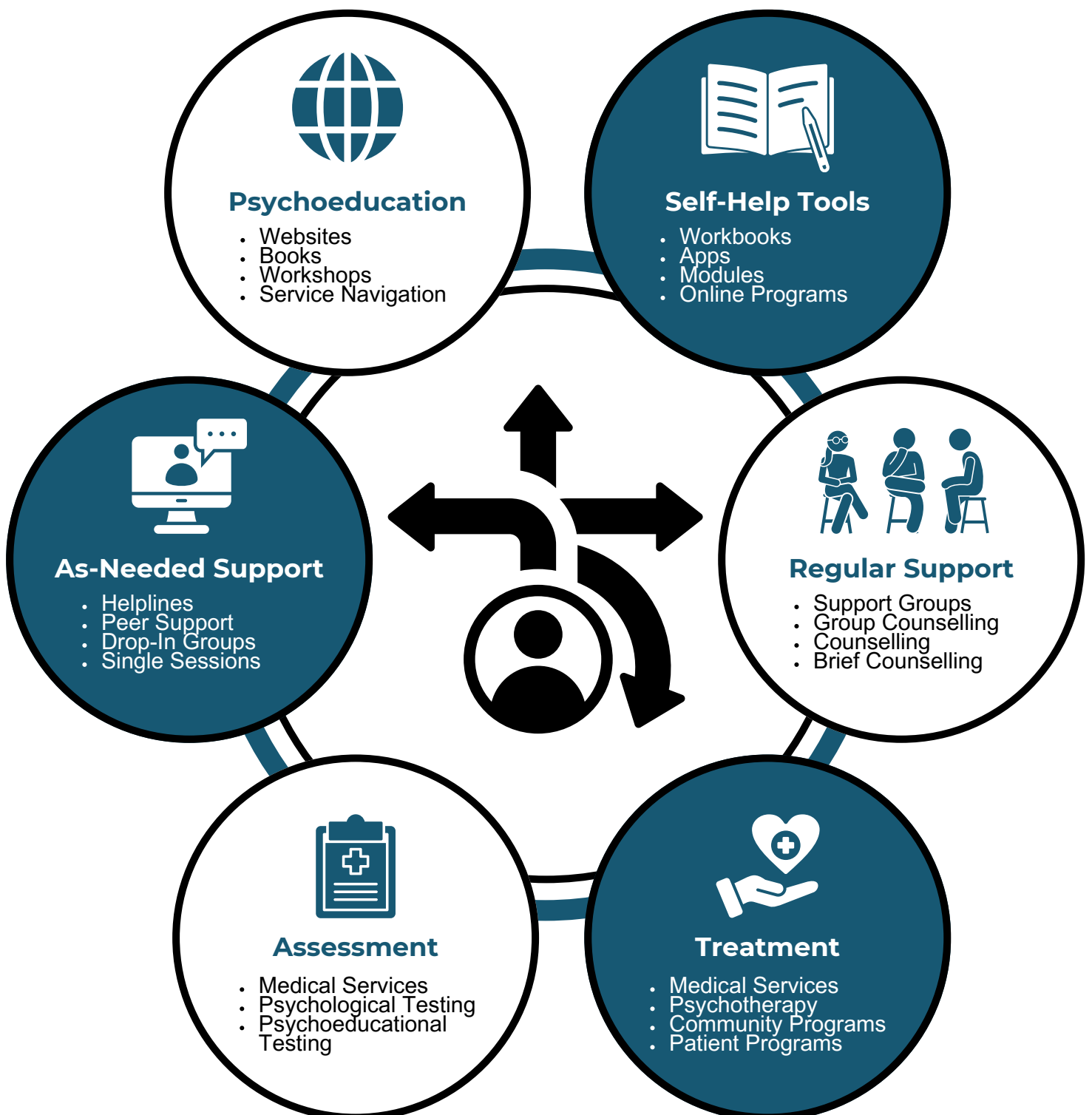


## Self-Help Resources

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

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## 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

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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

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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

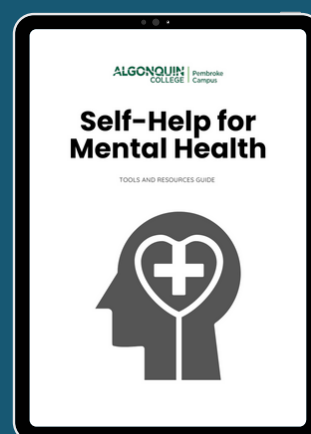


## CCI

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

## Self-Help Guide

Check out the Self-Help for Mental Health Guide for detailed information about strategies, tools, and other self-help resources for mental health concerns



# **As-Needed Support**

# CRISIS SUPPORT

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## 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

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**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

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## 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

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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

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## 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

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## 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

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



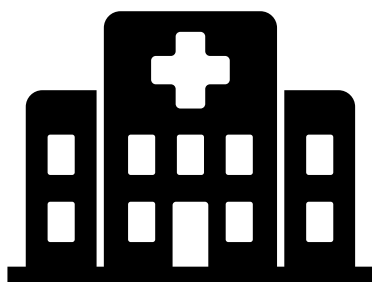
## Family Doctor

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

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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

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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

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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.



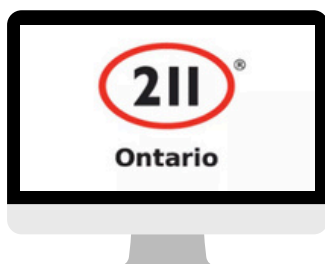
## Connex Ontario

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