



Build a Mental Wellness Toolkit for CKD- Resource List:

The Kidney Foundation Resources:

- **Kidney Connect Peer Support** is available across Canada in many forms: 1:1 phone support, online chat groups, and in virtual peer support group meetings. Learn more at: [Kidney Foundation - Support](#)
- “**Active Living for Life**” offer gentle exercises for those living with chronic kidney disease. Delivered online, participants can join classes that suit their schedule: [Kidney Foundation - The Kidney Foundation of Canada - Programs & Services](#)

Other Resources:

- **The Government of Canada** has compiled many resources found across the country. Learn more at: <https://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html>
- **Mental health resources for children** can be found at: [Resources Around Me - Kids Help Phone](#)
- **The National Institute on Aging** provides many useful resources to help exercise while living with chronic disease: [Exercising With Chronic Conditions | National Institute on Aging \(nih.gov\)](#)
- **Power over Pain Portal:** Funded by Health Canada, Power Over Pain offers free evidence-based virtual resources to help youth and adults manage their chronic pain. The Portal has many resources from self-directed courses to one-on-one counselling with the goal of providing flexible and rapid access to pain services. The Portal is also being integrated with *Wellness Together Canada*, the federal platform to support mental health and substance use concerns. The goal is to create a one-stop shop for mental health, substance use and chronic pain needs. To get started: poweroverpain.ca
- **Managing Caregiver Stress:** https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Managing_Caregiver_Stress_caring_for_a_loved_one.pdf
- **Practical Insights for Busy Caregivers:** <https://www.caregiverexchange.ca/>
- **The Ontario Caregiver Organization:** <https://ontariocaregiver.ca/for-caregivers/>
- **Wellness Together Canada:** Wellness Together Canada was created in response to a rise in mental health and substance use concerns since the COVID-19 pandemic and is funded by the Government of Canada. This portal offers free and confidential online mental health and

substance use support, 24/7. Wellness Together Canada is designed to be used on demand: you get to choose what you need, when you need it. WTC offers services in both official languages and phone counselling is available in more than 200 languages and dialects, through instantaneous interpretation. To get started: www.wellnesstogether.ca

If you or someone you know is thinking about suicide, call Talk Suicide Canada at 1-833-456-4566. Support is available 24 hours a day, 7 days a week. For residents of Quebec, call 1-866-277-3553 or visit suicide.ca

If you have any questions about resources connected to kidney disease reach out to your local The Kidney Foundation branch:

- Ontario: ontario.programs@kidney.ca
- Quebec: infoquebec@kidney.ca
- BC and Yukon: bcyprograms@kidney.ca
- South Alberta: info.sab@kidney.ca
- Manitoba: heather.hiscock@kidney.ca
- Saskatchewan: info.sk@kidney.ca
- Atlantic Canada: rosanna.mitchell@kidney.ca
- Northern Alberta and the territories: Daisy.Escoto@Kidney.ca

The material shared in this document is not intended to be medical advice. You should speak to your doctor and care team about your own individual situation. This information is intended for a Canadian audience.

Live Plan Be

This program offers free online educational programs that help develop practical tools and strategies to cope with pain and were created with the input of people living with pain. These evidence-based resources include videos, text-based articles, audio files and webinars. They cover everything from mental health and economic well-being to medications and acupuncture, along with many more topics.

To get started: www.liveplanbe.ca

PainU

Developed by Toronto Academic Pain Medicine Institute, these learning modules help you:

- Become knowledgeable about chronic pain
- Focus on goals that are important to you
- Minimize stress
- Identify warning signs and avoid flare ups

- Improve overall quality of life
- Stay active to improve your pain levels
- Pace your activities to reduce your risk of flare up
- Practice daily relaxation techniques
- Learn how to communicate with family, friends, and care providers
- Improve your sleep so you can cope better with your pain

To get started: www.tapmipain.ca

Pain BC

Pain BC aims to enhance the well-being of all people living with pain through empowerment, care, education and innovation. Pain BC offers both health care providers & folks living with pain with a variety of education, tools, and skills training.

- *Pain Support Line*: volunteers provide a listening ear and help people living with pain to find the support they need to manage their pain and related issues.
- Coaching for Health: free telephone/video conference coaching program designed to help people in pain learn self-management skills, regain function, and improve their well-being.
- *Pain Support & Wellness Groups*: bring together people living with pain in a safe, welcoming and confidential online space to support each other while learning new pain management skills.

To get started: www.painbc.ca

Therapy Assistance Online (TAO)

Provides interactive education modules and practice tools to help you understand and manage how you feel, think and act. TAO offers four levels of resources ranging from:

- Personal development: self-awareness, communication skills, mindfulness + more.
- Situational and mild concerns: Effective single sessions to address mental health and substance use concerns
- Moderate problems: interactive, engaging short courses for stress management, chronic pain, grief, worry, recovery, caregiver fatigue, social anxiety, anger management and more.
- Severe or chronic problems: protocolled treatments using CBT, Behavioral Activation, Acceptance and Commitment Therapy, Motivational Interviewing, Chronic Pain, Alcohol and Drug sessions using harm reduction

To get started: ca.taoconnect.org