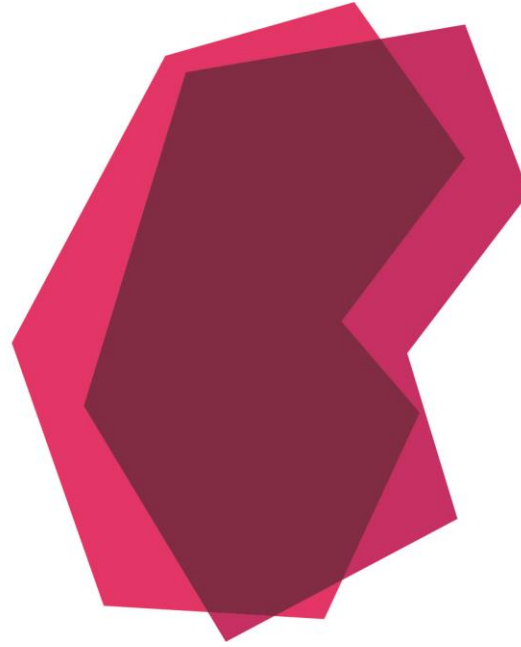


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# Taking Care of Your Mental Wellness

## Virtual Form January 26,2022 - Resources

# Renal Diet Resource

- [The Kidney Community Kitchen](#)

## Kidney Community Kitchen

Kidney-friendly recipes, meal planner and more!

[KidneyCommunityKitchen.ca](http://KidneyCommunityKitchen.ca) | 1 800 387 4474



## Explore Kidney Community Kitchen and start cooking!

There is no standard kidney diet and managing your kidney diet needs can be challenging, but it's not impossible.

This online resource includes:

- ☑ Kidney-friendly recipes
- ☑ Kidney diet fact sheets
- ☑ Articles and tips from Renal Dietitians

[KidneyCommunityKitchen.ca](http://KidneyCommunityKitchen.ca)

Sign up for our monthly diet & nutrition E-news at [kidney.ca](http://kidney.ca) or call 1 800 387 4474.



@KidneyOntario



# Federal & International Mental Health Resources

- [The Centre for Addiction and Mental Health](#)
- [The Canadian Mental Health Association](#)
- [Mental Health Commission of Canada](#)
- [Mood Disorders Society of Canada](#)
- [Kids Grief](#)
- [My Grief Toolbox](#)
- [PsychoNephrology](#)



# Mindfulness Resources

- [www.mindfulnessexercis.com](http://www.mindfulnessexercis.com)
- [Insight Timer Meditation for Sleep, Relax & More](#)



# Advance Care Planning Resources

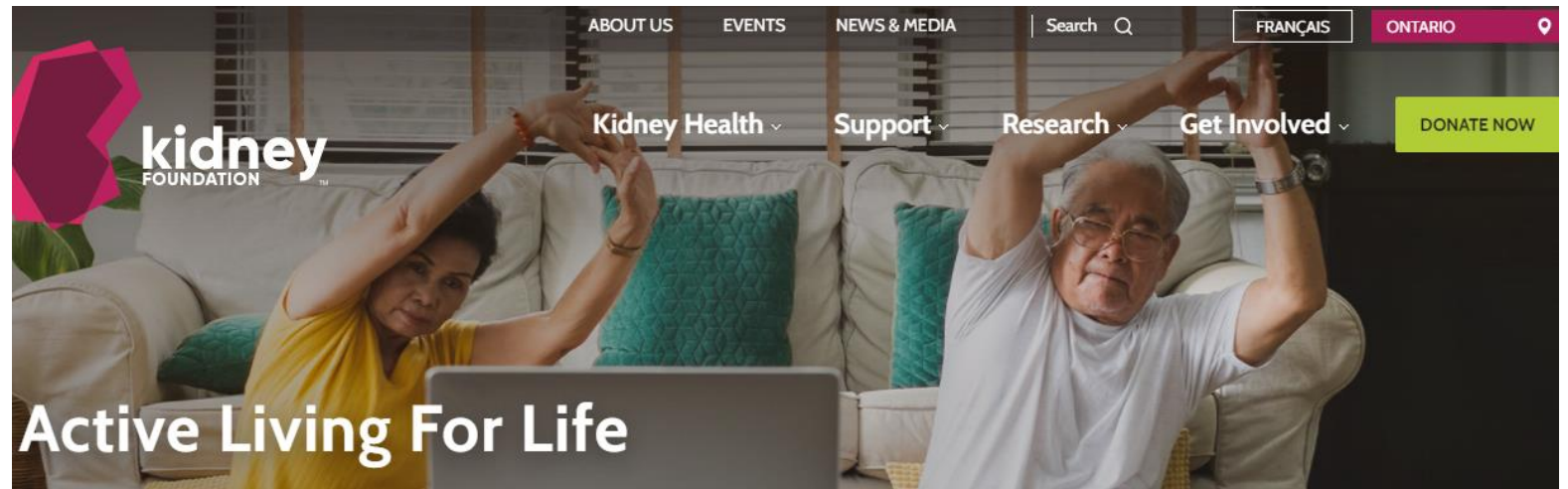
- [Speak up Canada](#)
- [The Conversation Project](#)



# Exercise Resources

- Yoga: [www.youtube.com/user/yogawithadriene](https://www.youtube.com/user/yogawithadriene)

- [Active Living For Life](#)



## PROGRAMS & SERVICES

Resources

**Programs & Services** ▶

The Active Living for Life program was created to increase the rates of physical activity, physical literacy and capacity in individuals with chronic kidney disease.

Originally designed as an in-person exercise and education program, **the Active Living for Life program is now being delivered virtually.** The program is free of charge to chronic kidney disease patients and their support person(s). The program allows people to become more active

# Provincial Mental Health Resources

## British Columbia - Colombie-Britannique

- [BC Mental Health Services](#)
- [Health Link BC mental health resources](#)

## Alberta

- [Alberta Health Services mental health resources](#)

## Saskatchewan

- [Saskatchewan Mental Health and Addiction Services](#)

## Manitoba

- [Government of Manitoba – Mental health and Addictions](#)

## Ontario

- [Ontario Mental Health and Addiction Services](#)
- [Bounce Back](#)
- [Togetherall](#)

## Nova Scotia

- [Nova Scotia Mental Health and Addictions](#)



# Provincial Mental Health Resources ...

## Québec

- [Ordre des psychologues du Québec](#)
- [Info-social 811](#)
- [Ordre des Travailleurs Sociaux et Thérapeutes Conjugaux et Familiaux du Québec](#)
- [Centre de crise](#)
- [Centre de prévention du suicide](#): 1 866-APPELLE
- [SOS Violence conjugale](#): Par téléphone : 1 800 363-9010
- [Info-Aidant](#): Par téléphone : 1 855 852-7784

## New Brunswick

- [New Brunswick Mental Health and Addictions](#)

## P.E.I.

- [PEI Mental Health and Addictions](#)

## Newfoundland and Labrador

- [Mental Health and Addiction](#)

# Other Helpful Resources

- [The Canadian Association for Suicide Prevention](#)
- [Kids Help Phone](#) : Composez le 1-800-668-6868
- [Hope for Wellness Help Line](#) (First Nations and Inuit) : Composez le 1-855-242-3310
- [Kidney Foundation](#) : Peer Support and Group Support

