

## Free resources related to Mental Health

### 1- Mental Health commission of Canada

Virtual Training: Crisis response training:

- Caring for yourself
- Caring for your team:

<https://theworkingmind.ca/crisis-response-virtual-training>

- Resource Hub: Mental Health and wellness during the COVID-19 pandemic
  - <https://www.mentalhealthcommission.ca/English/covid19>

### 2- Wellness together Canada: Mental Health and Substance Use Support

<https://ca.portal.gs/>

### 3- CTRI: Crisis & Trauma Resources Institute

<https://ca.ctrinstitute.com/>

### 4- ACHIEVE: Centre for Leadership & Workplace Performance

<https://ca.achievecentre.com/>

### 5- OWL POD Mental Health Clinics:

Free Mental Health Clinics

[www.owlpod.ca](http://www.owlpod.ca)