

## Discharge Form

You have recently completed services through the GNPH Mental Health Program. Below you will find resources that may be helpful as you continue your healing journey.

### Online Resources

**Bounceback** – <https://bouncebackontario.ca/>.

A CBT based program initiated through the CMHA. It is free, and available to individuals 15 years of age and over to help manage low mood and anxiety. Referrals are done through your family physician office or you can self refer. If you have internet access please visit the program website above for more info.

**Moodgym** – <https://moodgym.com.au/>

This is a “online self help program designed to help users prevent and manage symptoms of depression and anxiety” (taken from the website). There is a small cost associated with this program – about 40\$/year Canadian.

**Here to help** – <http://www.heretohelp.bc.ca/>

Online screening and resources for any mental health issues including disordered eating and substance use.

**Temiskaming Crisis Response System** – 1-888-665-8888, free 24 hour crisis line service for the Temiskaming district

### Local Resources:

#### Child Welfare

Northeastern Ontario Family and Children’s Services 1-705-647-1200

#### Elder Abuse/Violence against Women

Pavillion Family Resource Centre 1-705-672-2128 (shelter in Haileybury)

#### Mental health/Addictions

CMHA (have some online resources and screeners also) - 705-647-4444

**Alzheimer Disease/Dementia** - Alzheimer Society – 705-647-2379 offer caregiver support groups

**DTSSAB – District of Temiskaming Social Services Admin. Board 705-647-7447 (Temiskaming Shores)**

**Legal Aid** Timmins/Temiskaming Legal Aid clinic (ODSP appeals) - 1-866-382-0300

#### Salvation Army Food Bank

Temiskaming Shores 1-705-647-4030