

# Mental Health Resources for SAH Staff



## Publicly Funded Services

Available free of charge (subject to change)



### Frontline Wellness

Telephone psychotherapy for health care workers requiring mental health and/or addictions support. The program is delivered through the 5 hospitals listed below, and you can self-refer using the web link or phone number provided.

- **Ontario Shores Centre for Mental Health Sciences**  
1-877-767-9642  
<https://www.ontarioshores.ca/services/health-care-worker-assist>
- **St. Joseph's Healthcare Hamilton**  
905-522-1155 ext. 36499  
<https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/mental-health-services-for-hcw>
- **Royal Ottawa Mental Health Centre**  
1-877-527-8207  
<https://www.theroyal.ca/covid-frontline-wellness>
- **Waypoint Centre for Mental Health Care**  
1-877-341-4729 ext. 5000  
[https://www.waypointcentre.ca/programs\\_and\\_services/frontline\\_wellness\\_program](https://www.waypointcentre.ca/programs_and_services/frontline_wellness_program)
- **Centre for Addictions and Mental Health (CAMH)**  
416-535-8501  
<http://www.camh.ca/covid19hcw>



### Canadian Mental Health Association (CMHA)

CMHA Sault Ste. Marie offers weekly walk-in counselling. **705-759-5989** or <https://ssm-algoma.cmha.ca/programs-services/walk-in-counselling-service>



### Sault Area Hospital Crisis Services

24/7 telephone support service available to all individuals experiencing a crisis by calling **705-759-3398**. For further information about telephone support, as well as In-Person and Mobile Crisis Response, visit <https://sah.on.ca/programs-services/mental-health-addictions/crisis-services>



### Talk Suicide Canada

Provides nationwide, 24-hour, crisis support to anyone who is facing suicide. Call **1-833-456-4566** or visit <https://talksuicide.ca>



### Ontario Structured Psychotherapy Program

Available for adults with mild to moderate depression, anxiety and anxiety-related conditions, this program provides access to short-term, cognitive-behavioural therapy (CBT) and related services. **1-833-496-3677**  
<https://search.caredove.com/neosp-intake/service/26563>