

## Wellness Resources Pack

This Wellness Resources Pack has been prepared to provide TCA participants with easy access to mental health and wellness supports available through their respective institutions and across the provinces where TCA institutions are based. We encourage you to explore these resources, share them within your community, and remember that you don't have to navigate wellness alone; support is always within reach. To learn more, please contact Ege Tektaş, TCA Respectful Engagement Project Coordinator, at [ege.tektas@dal.ca](mailto:ege.tektas@dal.ca).

### 1. Dalhousie University

For students:

- ❖ [Mental health Services](#)
- ❖ [Same-day counselling, daily appointments](#) with physicians, nurses & our social worker
- ❖ [2SLGBTQ+ Services](#)
- ❖ [Learning Disability / ADHD Services](#)

Wellness supports for Dal employees are available through [People & Culture](#) and the Employee and Family Assistance Program (EFAP). To learn more, please contact Employee Health, Accommodations and Benefits, [ehab@dal.ca](mailto:ehab@dal.ca) or 902-444-0520.

### 2. Laval University (ULaval)

For Students:

- ❖ [Student Community Support Centre \(CACE\)](#) and [Psychological Health – CADEUL](#)

For Staff:

- ❖ Employee and Family Assistance Program (EFAP) via the staff intranet User Account | [Human Resources – ULaval Staff Intranet](#)

Both for Staff and Students: [My Balance ULaval | Healthy Lifestyle Program](#)

### 3. L'Université du Québec à Rimouski (UQAR)

For Students:

- ❖ [Psychosocial support – guidance and activities](#) and [Resources for Help](#)

For Staff:

- ❖ [Employee assistance program](#) through TELUS Health

Both for Staff and Students, please visit [Well-being Resources](#).

### 4. Memorial University

For Students:

- ❖ [Student Wellness and Counselling Centre \(SWCC\)](#): Appointments can be made in person or by telephone, (709) 864-8500.
- ❖ [GuardMe Student Support Program \(GMSSP\)](#), 24/7 Wellness Support, contact 1-844-451-9700
- ❖ [Well-being Peer Helper Program](#)
- ❖ [Accessibility Services \(The Blundon Centre\)](#)

For Staff:

Wellness supports for Memorial employees are available through [Employee Assistance Program \(EAP\)](#), [Wellness Programs](#), and [Mindfulness Activities](#). For more information you can visit Memorial University [Employee Wellness Resources](#).

## 5. Provincial Resources

### Nova Scotia-Wide Resources

- [Nova Scotia Health Mental Health & Addictions](#)
- [Mental Health and Addictions Peer Support](#) Call toll free at 1-800-307-1686
- [811](#) 24/7

### Quebec-Wide Resources

- Info-Social 811 - 24/7 psychosocial support
- [Tel-Aide Québec | Centre d'écoute téléphonique Gratuit »](#)
- [Centre de crise de Québec - Point d'appui vers un mieux-être](#)

### Newfoundland and Labrador-Wide Resources

- [Mental Health Crisis Line](#) Toll Free: 1-888-737-4668 or 737-4668 (Local)
- [Mental Health and Addictions Systems Navigator](#): 1-877-999-7589 or (709) 752-3916
- [811 HealthLine](#)

## 6. Additional Resources

- [Mental Health Commission of Canada](#). Offers insights on individual and environmental interventions for mental health and wellbeing. You can subscribe to their newsletter here: <https://mentalhealthcommission.ca/thecatalyst/>
- [Workplace Strategies for Mental Health](#) -Provides resources tailored for both employers and employees.
- [Healthy Minds Navigator](#) - A health care cooperative providing a variety of peer-based services to people living with mental illness and their families, including assistance with navigating the mental health system.

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