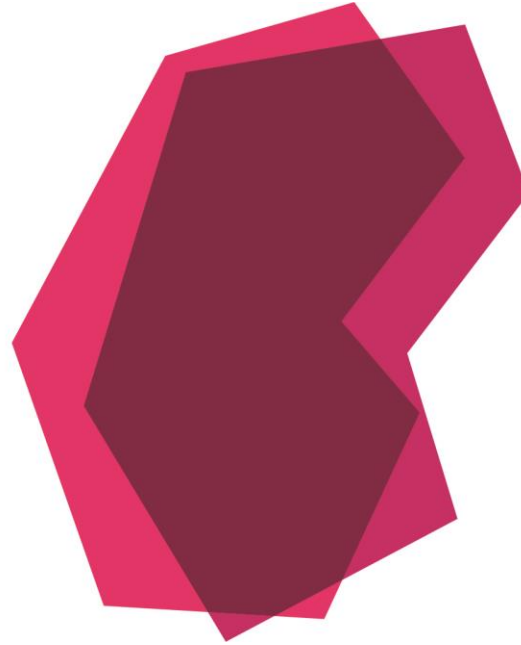


kidney
FOUNDATION



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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 | 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

Sign up for our monthly diet & nutrition E-news at 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.mindfulnessexercises.com
- [Insight Timer Meditation for Sleep, Relax & More](#)



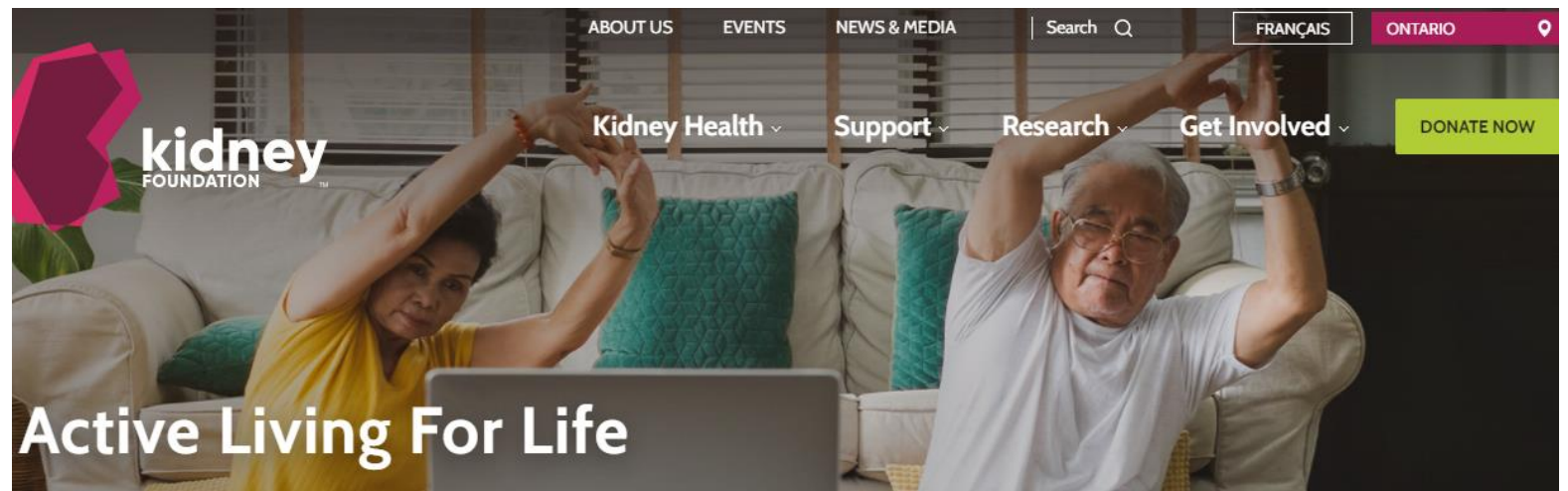
Advance Care Planning Resources

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



Exercise Resources

- Yoga: www.youtube.com/user/yogawithadriene
- [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

