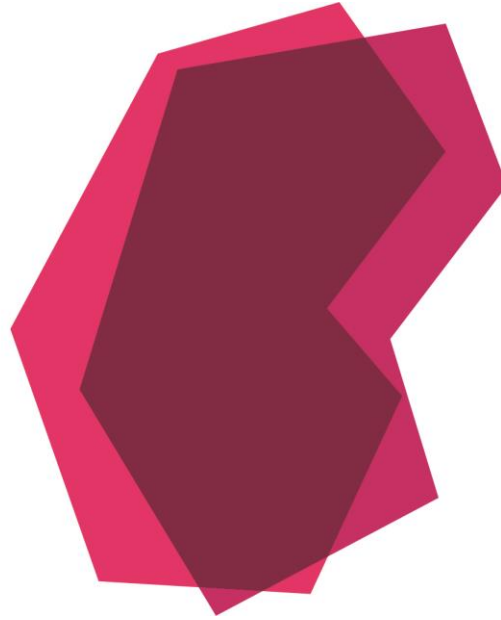


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# Financial Support for Kidney Patients Virtual Webinar - Resources

# Resources

## Legal information

- [stepstojustice.ca/covid-19](https://stepstojustice.ca/covid-19)

## Advance Care Planning

- [Home - ACP in Canada | PPS au Canada](#)

## Service Canada – EI Sickness Benefits

- [EI sickness benefits: What these benefits offer - Canada.ca](#)

## RDSP

- [Registered disability savings plan \(RDSP\) - Canada.ca](#)
- Helpful site that walks you through the process:
  - [Registered Disability Savings Plan](#)



# Resources

## COVID-19

Refer to your local Public Health Unit resources for the most up-to-date information about COVID-19 in your region and to Health Canada

- [Coronavirus disease \(COVID-19\) outbreak updates, symptoms, prevention, travel, preparation - Canada.ca](#)

Check in with your Social Worker or any member of your Kidney Health Team for concerns or guidance

- [kidney.ca/Kidney-Health/Living-With-Kidney-Disease/COVID-19-Comment-vous-proteger](#)

# Resources

## Mental Health

Talk to Kidney Foundation Peer Support: 1-866-390-PEER (7337) OR

- [Kidney Foundation – Support](#)

Canadian Mental Health Association (CAMH)

- [Mental Health and the COVID-19 Pandemic | CAMH](#)

Text4Hope

- [COVID-19 Text4Hope | Alberta Health Services](#)



# Resources

Guide to Living with Worry and Anxiety Amidst Global Uncertainty:

- [guide to living with worry and anxiety amidst global uncertainty en-us.pdf \(psychologytools.com\)](#)

Worry vs. Anxiety:

- [10 Crucial Differences Between Worry and Anxiety | Psychology Today Canada](#)

Self Compassion:

- [self-compassion.org](#)

Tolerance for Uncertainty: A guide to accept your feelings, tolerate distress, and thrive:

- [Tolerance for Uncertainty Covid-19.pdf \(childdevelop.ca\)](#)

# Resources

APA website, has links to other websites, helpful for basic information about diagnoses

- [Healthy Minds Cooperative](#)

British website with worksheets and resources for patients and professionals

- [Get.gg - Getselfhelp.co.uk](#)

Living Life to the Full – for depression

- [Living Life to the Full | helping you help yourself](#)

Australian website for depression, also has a link for anxiety – you need to join but membership is free

- [moodgym - Interactive skills training for depression and anxiety](#)



# Resources

## Grief

- [mygrief.ca](https://mygrief.ca)
- [kidsgrief.ca](https://kidsgrief.ca)
- [griefftoolbox.ca](https://griefftoolbox.ca)
- [theconversationproject.org/tcp-blog/ritual-and-grief-in-the-time-of-covid-19](https://theconversationproject.org/tcp-blog/ritual-and-grief-in-the-time-of-covid-19)

## Mindfulness

- [Mindfulness Exercises - Free Meditations for Mindfulness](#)
- [Insighttimer.com](https://insighttimer.com)

## Exercise

- Yoga: [Yoga With Adriene - YouTube](#)