



# Mental Health Resources

## We're in this together.

### Maintaining mental health is a challenge for many of us at the best of times.

The health and economic impacts of COVID-19 are exacerbating these struggles for many and stretching the limits of mental health for people around the world, including Unifor members. If you are struggling with mental health and addictions during this time we want you to know you are not alone - many of your friends and colleagues are experiencing the same struggles right now.

In normal times, 1 in 5 Canadians will struggle with mental illness. These afflictions are a disease not a choice. You deserve to get the help and support you need to manage these challenging times.

Each person's struggle with mental health is different. The resources below can help you navigate the tremendous amount of resources available in our community to find the support that is right for you.

**Our region has set up crisis lines for anyone experiencing stress, crisis or requiring emotional support.**

**These lines include:**

NAME OF ORGANIZATION	ADDRESS	PHONE NUMBER	WEBSITE

**You can also contact your local union directly with specific questions or to access our peer support network:**

NAME	ROLE	PHONE NUMBER	EMAIL

### Resources

211 is Canada's primary source of information on government and community based health and social services. Dial 2-1-1 or visit [211.ca](http://211.ca)

N.B. residents can visit [nbinfo.ca](http://nbinfo.ca)

N.L residents are encouraged to visit [BridgeTheGapp.ca](http://BridgeTheGapp.ca)

Q.C residents can visit the [Peer Delegate](#) site.