



Action Committee on Court Operations in Response to COVID-19

WORKING IN THE COURTS: AN INVENTORY OF MENTAL HEALTH AND WELLNESS RESOURCES

A Statement from the Action Committee

Our Committee exists to support Canada’s courts as they work to protect the health and safety of all court users in the COVID-19 context while upholding the fundamental values of our justice system. These mutually sustaining commitments guide all of our efforts.

This inventory is a non-exhaustive list of Canadian resources related to mental health and wellness in the workplace. It is intended to serve as a starting point to promote awareness of mental health and COVID-19, wellness in the workplace, and existing mental health initiatives, tools and supports across Canada. Resources are listed in the official language(s) in which they are available. If you have a Canadian best practice, initiative or resource related to mental health or workplace wellness that could be of interest, please consider sending information and related links to the Action Committee Secretariat at AC-secretariat-CA@fja-cmf.qc.ca.

General Resources on Mental Health and COVID-19	
Taking Care of Your Mental and Physical Health During the COVID-19 Pandemic	Public Health Agency of Canada
COVID-19: Taking Care of Your Mental Health	Public Health Agency of Canada
Crisis Services Canada helpline: 1-833-456-4566 For Quebec residents, call 1 866 APPELLE (1.866.277.3553)	Crisis Services Canada
Resource Hub: Mental health and wellness during the COVID-19 pandemic > Tip Sheets	Mental Health Commission of Canada
COVID-19 Burnout	Canadian Centre for Occupational Health and Safety
COVID-19 Info	Canadian Mental Health Association
Provincial and Territorial Resources	
Mental Health Resources: COVID-19	Alberta Health Services
Mental Health and COVID-19	HealthLinkBC
Managing Anxiety During Covid-19	Canadian Mental Health Association – British Columbia Division



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COVID-19 Novel Coronavirus: Care for your Mental Health	Government of Manitoba
Mental Health in a Pandemic: Mental Health and Coping during COVID-19	Government of New Brunswick
Life with COVID-19: Mental Health and Wellness	Government of Newfoundland and Labrador
GNWT's Response to COVID-19: Mental Health	Government of Northwest Territories
Coping with COVID-19	Nova Scotia Health Authority
Managing Stress and Anxiety During COVID-19	Government of Nunavut
COVID-19 Fact Sheet: Resources for Ontarians Experiencing Mental Health and Addictions Issues during the Pandemic	Ontario Ministry of Health
COVID-19 Mental Health and Addiction Supports	Prince Edward Island Mental Health and Addictions Services
Protecting your Well-being in the COVID-19 Pandemic	Government of Quebec
Mental Health and COVID-19	Government of Saskatchewan
Mental Health and wellness support during COVID-19	Government of Yukon
Promoting Wellness in the Workplace	
Resources for Employers, Court Administrators and Managers	
Supporting Employees to Disconnect from Work	Canadian Centre for Occupational Health and Safety
The Importance of Disconnecting from Work	Canadian Centre for Occupational Health and Safety
Healthy Minds at Work	Canadian Centre for Occupational Health and Safety
Mental Health: Psychosocial Risk Factors in the Workplace	Canadian Centre for Occupational Health and Safety



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Work-Life Balance: Make It Your Business	Canadian Mental Health Association
Workplace Mental Health Playbook for Business Leaders	Centre for Addiction and Mental Health (CAMH)
The Federal Workplace Mental Health Checklist	Centre of Expertise on Mental Health in the Workplace (federal government)
Mental Health in the Workplace	Government of Ontario
National Standard of Canada for Psychological Health and Safety in the Workplace	Mental Health Commission of Canada
Bien-être psychologique - Le poulx de la profession	Barreau du Québec
COVID-19 Toolkit	Commission des normes de l'équité de la santé et de la sécurité du travail (CNESST)
Aide-mémoire pour les employeurs de tous les secteurs - Risques psychosociaux liés au travail (French only)	Commission des normes de l'équité de la santé et de la sécurité du travail (CNESST)
Resources for Employees	
Prioritizing your Mental Wellness while Working from Home	Mental Health Commission of Canada
Mini-Guide for Women Sidelined from the Workforce	Mental Health Commission of Canada
For Workplaces: Mental Health	Ottawa Public Health
Being a Mindful Employee: An Orientation to Psychological Health and Safety in the Workplace	Canadian Centre for Occupational Health and Safety
Mental Health Initiatives and Support	
General Information on Mental Health	
Wellness Together Canada-Access Resources	Wellness Together Canada
eMentalHealth.ca	Children's Hospital of Eastern Ontario
Mental Health – Health and Safety Factsheets	Canadian Centre for Occupational Health and Safety



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General Information on Mental Health	Canadian Mental Health Association
Mental Health 101	Centre for Addiction and Mental Health (CAMH)
Addiction and Mental Health	Government of Alberta
Mental Health Help and Support Resources	Gouvernement du Québec
Find Mental Health Support	Government of Ontario
Managing Your Health - Mental Health Resources and Links	Government of British Columbia
Resources from the Ministry of Mental Health and Addictions	Government of British Columbia
Mental Health Links	Government of British Columbia
Mental Health and Addictions Resources	Government of Manitoba (Ministry of Health)
Mental Health Crisis and Non-Crisis Regional Contacts	Government of Manitoba (Ministry of Health)
Mental Health and Addiction Services	Government of Saskatchewan (Ministry of Health)
Mental Health Framework	Government of Northwest Territories
Mental Health and Addictions Online, Phone, and Text-based Supports	Government of Prince Edward Island (Ministry of Health)
Mental Health and Addictions Resources and Links	Government of Newfoundland and Labrador (Ministry of Health)
Consultations concernant les effets de la pandémie sur la santé mentale : propositions de santé publique	Institut national de santé publique du Québec – Centre d’expertise et de référence en santé publique
Synthèse des connaissances sur l’impact d’une crise sanitaire ou économique sur les comportements suicidaires	Institut national de santé publique du Québec – Centre d’expertise et de référence en santé publique



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Resources for the Judiciary	
<i>Many provincial law societies include judges in the cohort of individuals they support with mental health services. Contact your law society or bar association to find out what resources are available to you.</i>	
Short-term counselling services https://jcp.ca/ 1-866-872-6336	Judges Counselling Program
Training for members of the judiciary National Judicial Institute	Jillian Boyd, Director of Digital Education JBoyd@nji-inm.ca
Related programming https://ciaj-icaj.ca/en/	Canadian Institute for the Administration of Justice
Resources for Lawyers	
Wellness Assistance Programs (by Province and Territory)	Canadian Bar Association
Health and Wellness	Saskatchewan Law Society
Opening Remarks	Ontario Bar Association
2021 Mental Health Forum September 14, 2021 recorded sessions	Law Society of British Columbia and the Continuing Legal Education Society of British Columbia
Mental Health Task Force	Law Society of British Columbia
Mental Wellness Links and Resources	The Canadian Bar Association – BC Branch
Espace Bien-être psychologique, “Briser les tabous et l’isolement” (in French only)	Barreau du Québec
Espace Bien-être psychologique, “Le PAMBA” (in French only)	Barreau du Québec



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Espace Bien-être psychologique, "Des experts pour comprendre, des outils pour guérir" (in French only)	Barreau du Québec
Formations en matière de santé mentale (in French only)	Barreau du Québec
Resource Centre: Wellness	Law Society of Alberta
Towards a Healthy and Sustainable Practice of Law in Canada	National Study on the Psychological Health Determinants of Legal Professionals in Canada
Wellbeing Toolkit for Lawyers and Legal Employers	American Bar Association
Path to Lawyer Wellbeing	American Bar Association
Resources for Court Staff (public servants)	
<i>Most court staff in Canada are members of either the federal or a provincial or territorial public service. Contact your local Employee Assistance Program to find out what resources are available to you.</i>	
Employee Assistance Program (EAP) Toll-free: 1-800-268-7708 TTY (for people w/ hearing impairments): 1-800-567-5803	Health Canada
Resources for employees for mental health in the workplace	Treasury Board Secretariat Centre of Expertise on Mental Health in the Workplace
Mental health and COVID-19 for public servants: Protect your mental health	Government of Canada – Information for Government of Canada employees: Coronavirus disease (COVID-19)
Wellness, Inclusion and Diversity in the Workplace	Treasury Board Secretariat of Canada
Mental Health Tools and Resources	Office of the Ombudsman for Mental Health and Employee Well-Being, ISED
Mental Health Learning Series: Changing Cultures and Building Capacity	Canada School of Public Service



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Resources for Justice Canada Employees	
Employee Assistance Program (EAP) Toll-free: 1-800-268-7708 TTY (for people w/ hearing impairments): 1-800-567-5803	Health Canada
Wellness and Informal Conflict Management System	Justice Canada
Other resources can be found on the Wellness Program Digital Workspace (internal only)	Justice Canada
Distress : 613-238-3311 Crisis: 613-722-6914 1-866-996-0991	Distress Centre Ottawa and Region
Resources for Specific Court Users	
Crisis Services Canada/Suicide Prevention Service 1.833.456.4566 Culturally sensitive services available to all Canadians seeking support	
<i>For Jurors</i>	
B.C. Juror Support Program	Government of British Columbia
Ontario Juror Support Program	Government of Ontario
<i>For Public Safety Personnel</i>	
Public Safety Personnel Mental Health Support	Canadian Institute for Public Safety Research and Treatment
<i>For Survivors of Family Violence</i>	
Being in an abusive home during COVID-19	Mental Health Commission of Canada
Family Violence – Services and Information	Justice Canada
<i>For Persons Exposed to Difficult Subject Matter</i>	
Mental Health Tip Sheet on building resilience	Mass Casualty Commission



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Provincial Mental Health and Addictions Crisis Line Tel: 1-888-429-8167	Mass Casualty Commission
<i>For Victims of Crime</i>	
Victim Services Directory	Justice Canada
Provincial/Territorial Governments: Victim Services	Justice Canada
Victims of Crime- Services and Information	Justice Canada
Online Resource for Victims & Witnesses of Crime	Government of British Columbia
Victim Services – Resources and Links	Government of Manitoba (Ministry of Justice)
Support for Crime Victims and Witnesses Booklet	Government of Manitoba (Ministry of Justice)
Victim Services	Government of New Brunswick (Ministry of Justice)
<i>For Indigenous People</i>	
Mental health and wellness in First Nations and Inuit Communities	Indigenous Services Canada
Hope for Wellness Helpline Call 1-855-242-3310 (toll-free) or connect to online chat at https://www.hopeforwellness.ca/	Health Canada
Indigenous Community Corrections Initiative provides support for Indigenous offenders including counselling. Contact: ps.indigenoucorrections-correctionsautochtones.sp@canada.ca	Public Safety Canada
<i>For People with Disabilities</i>	
COVID-19 and people with disabilities	Public Health Agency of Canada
<i>For Senior Citizens</i>	
Resources for seniors and their caregivers	Public Health Agency of Canada
COVID-19: Tackling Social Isolation and Loneliness Among Seniors in a Pandemic Context	Institut national de santé publique du Québec – Public health expertise and reference centre



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Tools for people 70+ and caregivers	Canadian Mental Health Association
Mental Health Support Lines for Seniors in Canada	Canadian Coalition for Seniors' Mental Health
Resources on Vicarious Trauma	
Guidebook on Vicarious Trauma, Recommended Solutions for Anti-Violence Workers	Health Canada
TYES Frontline Workers' Toolkit, Vicarious Trauma & Self-Care Toolkit	City of Toronto
The Vicarious Trauma Toolkit	Office for Victims of Crime - US Department of Justice
How Being Trauma-Informed Improves Criminal Justice System Responses	Policy Research Associates, Inc.
The Trauma Informed Lawyer Podcast	Myrna McCallum