

TAPA Community Meeting #18 - Links for Mental Health
Wednesday, January 12, 2022
11:00 am - 12:00 pm

Workman Arts Mental Health Resources

- <https://workmanarts.com/resources/mental-health-resources/>

Hard Feelings - affordable counselling services and support

- <https://www.hardfeelings.org/>

Gestalt Institute of Toronto - affordable therapy

- <http://gestalt.on.ca/low-cost-therapy-clinic/>

Artists Health Centre

- https://www.uhn.ca/Medicine/Clinics/Artists_Health_Centre#about

CAMH

- <https://www.camh.ca/>

Balancing Act

- Website - <https://www.balancingactcanada.com/>
- LEVEL UP! National Roundtable: Flexible Working Models registration - <https://www.eventbrite.ca/e/level-up-national-roundtable-flexible-working-models-tickets-221119563567>

The AFC

- Mental Health First Aid - <https://afchelps.ca/mhfa/>
- Navigator - <https://afchelps.ca/navigator/>

Statistics Canada Pilot Study on Everyday Well-Being

- <https://www.statcan.gc.ca/en/survey/household/5333>