**Mental Health and Resiliency Resource List**

**Resiliency Plan Resources**

“Growing Up Resilient”

<https://www.camh.ca/en/health-info/guides-and-publications/growing-up-resilient>

“Building Your Resilience”

<https://www.apa.org/topics/resilience>

NB Health Council - “Protective Factors…”

<https://nbhc.ca/sites/default/files/brief_-_protective_factors_as_a_path_to_better_youth_mental_health.pdf>

“Mental Health in the Workplace”

<https://www.mentalhealthcommission.ca/English/13factors>

Government of Canada - “Promoting Positive Mental Health”

<https://www.canada.ca/en/public-health/services/promoting-positive-mental-health.html>

CAMH - Mental Health Meter **Quiz**

<https://cmha.ca/mental-health-meter>

**Further Information**

CAR Approach, GNB

 <https://www.wellnessnb.ca/wpcontent/uploads/2016/10/CARApproach.pdf>

Mental Health Commission of Canada

 <https://www.mentalhealthcommission.ca/English>

Canadian Mental Health Association

 <https://cmha.ca/>

**Support Resources**

CHIMO Mental Health Helpline (with Live Chat)

<http://www.chimohelpline.ca/>

Helping Tree Mental Health Resource Guide (Fredericton)

<http://www.chimohelpline.ca/uploads/7/7/7/5/77757670/helping_tree__-_eng.pdf>

Kids Help Phone (Text, Chat, Phone)

<https://kidshelpphone.ca/>

Fredericton Youth Resources

<https://apps.kidshelpphone.ca/resourcesaroundme/search.html?q=&category=&location=fredericton_new-brunswick>

Mobile Crisis (Fredericton)

<https://en.horizonnb.ca/home/facilities-and-services/facilities/fredericton-mobile-crisis-services.aspx>

Addictions and Mental Health Centres

<https://en.horizonnb.ca/facilities-and-services/services/addictions-and-mental-health.aspx>

**My Resources**

1.

2.

3.