

Mental health resources

Phone helplines and websites

<u>211</u>	Information and referral service on community services in the Greater Montreal area. Allows you to search by postal code and keyword to find resources.
<u>Anorexie et Boulimie Québec (ANEB)</u> 1 800 630-0907	Helpline and activities in Quebec (conferences, support groups) specific to eating disorders. For adults: www.anebquebec.com For teens (with chat and other resources): www.anebados.com
<u>Canadian Mental Health Association</u>	Phone support services (not specific to diabetes) and other mental health services available in all regions of Canada.
<u>Info-Diabète</u> 1 800 361-3504 ext. 233 infodiabete@diabete.qc.ca	Diabetes Quebec's service to ask your questions related to diabetes. Monday to Friday from 8:30 am to 4:30 pm.
<u>Info-Social</u> <u>811</u>	Available at all times to answer questions and provide psychosocial advice.
<u>JDRF Mental Health Resources</u>	Gathers information for immediate assistance, peer groups, resources and support services in general mental health and diabetes across Canada.
<u>Kids Help Phone</u> 1 800 668-6868	Listening and intervention service for any problem (12 to 26 years old), but not specific to diabetes. Possibility to get help at any time by texting (text the word TALK to 686868) or by Facebook messenger. Visit the website for a host of articles and a discussion forum.
<u>Suicide helpline</u> Phone: 1 866 277-3553 Text: 1 855 957-5353	If you are thinking about suicide or are concerned about a loved one, you can call at any time.
<u>Talk suicide Canada</u>	Bilingual, confidential telephone or text hotline available across Canada.
<u>Tel jeunes</u>	Website with many resources including a discussion forum divided by topic (e.g. dating, depression, eating disorders).
<u>Wellness Together Canada</u>	Service (non-specific to diabetes) offered by the Government of Canada, with online courses, self-guided programs, peer support groups and telephone support from professional counsellors.

Groups of people living with type 1 diabetes (T1D)

<u>Camp Carowanis</u>	Specialized summer camps for children living with T1D across Canada. Many counselors and staff also live with this condition.
<u>D-Camps (Diabetes Canada)</u>	
<u>Connected in Motion</u>	T1D adult community which organizes outdoor activities.
<u>FRED Clan</u>	Activities for youth ages 13-17 living with T1D in Qubec from the Fondation ressources pour les enfants diabétiques.
<u>I Challenge Diabetes</u>	Canadian organization offering outdoor activities for youth with T1D.
<u>Talk T1D Peer Support by JDRF Canada</u>	A program for adults living with T1D that offers the opportunity to talk with someone who shares the same reality.

Videos and smartphone apps

<u>Webinars from the BETTER project</u>	Presentations of approximately 45 minutes on various topics related to T1DM (e.g., stigma, burnout, mental health, adolescence) made by health professionals with expertise in the field.
<u>Abdominal Breathing Technique</u>	Video to learn how to regain your calm through breathing techniques.
<u>Respi-relax + Android iOS</u>	Application with breathing exercises, for example, where you see a bubble going up and down that you have to follow with your breath.

Books

Diabetes Burnout: What to Do When You Can't Take It Anymore
William H. Polonsky, 2019

Prevention and Recovery from Eating Disorders in Type 1 Diabetes. Injecting Hope.
Ann Goebel-Fabbri, 2017

Find a professional counsellor

JDRF
[Mental Health + Diabetes
Directory](#)

Search engine to find a diabetes mental health care provider in each province.

Your Healthcare Team

If you feel comfortable, talking about your concerns and problems with your doctor, nurse, dietitian, or other team member is always a good idea. If necessary, they can refer you to a resource in your area.