

Grief Counselling Resources

This is a list of resources that are available to all Cycling Canada athletes and staff who would like counselling support. Please note that this list is not exhaustive.

Morneau-Shepell Line

1-844-240-2990

The Morneau-Shepell line is a 24-hour confidential support line in which you will be able to get access to tele-health counsellors, or a referral to a counsellor in your area. Counselling services are available by phone, online messaging, video calls, and in multiple languages throughout the country. This line is available to all Cycling Canada athletes and staff at this time.

Canadian Mental Health Association

<https://cmha.ca/>

The Canadian Mental Health Association provides a wealth of information and resources, and can also provide referrals.

CMHA Ontario - <https://ontario.cmha.ca/>

CMHA Quebec - <https://acsmquebec.org/>

CMHA British Columbia - <https://cmha.bc.ca/>

CMHA Alberta - <https://alberta.cmha.ca/>

CMHA Saskatchewan - <https://sk.cmha.ca/>

CMHA Manitoba and Winnipeg - <https://mbwpg.cmha.ca/>

CMHA Nova Scotia - <https://novascotia.cmha.ca/>

CMHA New Brunswick - <https://cmhanb.ca/>

CMHA PEI - <https://pei.cmha.ca/>

You can also use the following tool to find a branch in your area - <https://cmha.ca/find-your-cmha>

Crisis Services Canada

In crisis? Please call 1-833-456-4566 toll free (In WC: 1-866-277-3553) 24/7 or visit

www.crisisservicescanada.ca

Crisis Services Canada can provide support if you are struggling with a loss -

<https://www.crisisservicescanada.ca/en/struggling-with-loss/>

Crisis Services Canada can also provide you with local resources and referrals -

<https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>

Association for Suicide Prevention

Quebec - <https://www.aqps.info/> or 1-866 APPELLE

Ontario: <http://www.ospn.ca>

New Brunswick: <https://suicideprevention.ca/need-help/new-brunswick-crisis-centres/>

Nova Scotia: <https://novascotia.cmha.ca/programs-services/communities-addressing-suicide...>

Manitoba: <http://reasontolive.ca>

Alberta: <https://www.suicideinfo.ca>

BC: <https://crisiscentre.bc.ca>

Newfoundland: <https://badgeoflifecanada.org/newfoundland-labrador-crisis-resources/>

If you or someone you know is in immediate danger, call 9-1-1

If you require any other information, resources, or referrals, please don't hesitate to reach out to a member of the Cycling Canada Mental Health and Mental Performance Team. Our details can be found below.

Sharleen Hoar – 778-678-8088, shoar@csipacific.ca

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