

Resources and Supports for Mental Health	
Get Help Talk Suicide Canada	988.ca Text or Call 9-8-8
Wellness Together Canada	wellnesstogether.ca
Good2Talk For Post Secondary Students	good2talk.ca 1-866-925-5454 Text GOOD2TALKON to 686868
Kids Help Phone (KHP)	kidshelpphone.ca 1-800-668-6868 Text CONNECT to 686868
Seize the awkward	seizetheawkward.org
Farmer Wellness Initiative	farmerwellnessinitiative.ca 1-866-267-6255
Hope for Wellness Helpline for all Indigenous people across Canada	hopeforwellness.ca 1-855-242-3310
Do More Agriculture	domore.ag
Farm Credit Canada (FCC)	fcc-fac.ca
Canadian Mental Health Association	cmha.ca
The Canadian Agricultural Safety Association (CASA)	casa-acsa.ca

Wellness in 8 Dimensions

Physical: getting enough sleep, eating well, getting enough exercise

Social: balancing my own needs with the needs of others, try to help others when I can within my community

Emotional: developing healthy ways to deal with difficult emotions, see challenges and change as opportunities for growth

Financial: having a sense of control and knowledge about personal finances

Occupational: Job responsibilities are consistent with my values, sense of balance of work and leisure time.

Environmental: setting time aside daily to enjoy nature, to reflect, practice grounding or mindfulness.

Spiritual: making conscious choices about my daily actions based on my personal values, gratitude for the good things in my life.

Intellectual: make an effort to learn new things, and share knowledge.