



## Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

**Remember, your mental health and wellbeing is as important as anyone else's.** You too have access to help and support when needed.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL  
WELLBEING



PHYSICAL  
HEALTH



SPIRITUAL  
WELLBEING



SOCIAL  
WELLBEING



FINANCIAL  
WELLBEING



WORK AND  
CAREER

Listed below is the help and support available within Canada.



Canada	
 <p><b>EMOTIONAL WELLBEING</b></p> <p>Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.</p>	<p><b>Doctor</b></p> <p><b>Psychologist, therapist, or counselor</b></p> <p><b>Canada Suicide Prevention Service – Crisis Services Canada</b></p> <p>Provides free and confidential support to anyone who is thinking about suicide or is worried about a friend or loved one. Available 24/7.</p> <p><a href="https://www.crisisservicescanada.ca">https://www.crisisservicescanada.ca</a> 1 833 456 4566 or text 45645</p> <p><b>HelpGuide</b></p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> <p><a href="http://www.helpguide.org">www.helpguide.org</a></p> <p><b>Online apps and resources</b></p>



**PHYSICAL  
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep, and sufficient hydration.

**Doctor**

**Physiotherapist/massage therapist**

**Dietician/nutritionist**

**Personal trainer**

**Domestic Abuse Services Canada**

Registered, non-profit organization that assists women and children seeking safety or recovery from domestic abuse. Additionally, provides support, resource information, and referrals about domestic violence.

[www.domesticabuseservices.ca](http://www.domesticabuseservices.ca)

1 888 833 7733

**HelpGuide**

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

**Drug and Alcohol Helpline**

**Alcohol Drug Helpline**

Provides free and confidential help and advice to anyone concerned about their own (or a friend's or family member's) drinking or drug use.

1 800 565 8603

**Online apps and resources**



**SPIRITUAL  
WELLBEING**

Having a sense of purpose, connectedness, meaning, and harmony that reflects your values and beliefs.

**Spiritual leader**

**Reiki therapist**

**Hospice Palliative Care Information Line**

Free information line offering support, resources, and advice on end of life, hospice care, and grief.  
1 877 203 4636

**Online apps and resources**



**SOCIAL  
WELLBEING**

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

**Social worker**

**Relationship counselor**

**Life coach**

**HelpGuide**

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

**Rotary International**

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community, and catch up with friends during club programs that fuel the impact Rotary International makes.

[www.rotary.org](http://www.rotary.org)

**Problemgambling.ca**

Provides access to support and resources for anyone dealing with a gambling problem. Support is also available to family members and friends.

<https://problemgambling.ca>

1 866 531 2600

**Online apps and resources**



**FINANCIAL  
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

**Financial advisor**

**Bank or credit union**

**Benefits Finder**

Helps to find benefits from federal, provincial, or territorial governments that you may be eligible for.

<https://benefitsfinder.services.gc.ca>

**Mint**

Free online budget tracker and planner that helps you understand your spending for a brighter financial future.

[www.mint.com](http://www.mint.com)

**Services Canada**

Provides Canadians with a single point of access to a wide range of government services and benefits.

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Online apps and resources**



**WORK AND  
CAREER**

Working productively and fruitfully, feeling fulfilled and motivated, and maintaining a healthy work-life balance.

**Career counselor**

**Services Canada**

Provides Canadians with a single point of access to a wide range of government services and benefits.

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

**Career Exploration**

Provides access to a variety of free, online self-assessments to assist individuals struggling with awareness of skills, temperament, and abilities.

<https://careerprocanada.ca/career-exploration-assessments/>

**Online apps and resources**