



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>EMOTIONAL WELLBEING</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>Doctor</p> <p>Psychologist, therapist, or counselor</p> <p>Canada Suicide Prevention Service – Crisis Services Canada</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>https://www.crisisservicescanada.ca 1 833 456 4566 or text 45645</p> <p>HelpGuide</p> <p>Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> <p>www.helpguide.org</p> <p>Online apps and resources</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

1 888 833 7733

HelpGuide

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

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

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

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

Services Canada

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

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

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