



Quick Reference Guide

Mental Health Awareness Resources and Links for US and Canada

Help On Knowing About EAPs (US)

- <https://www.hhs.gov/about/agencies/asa/foh/bhs/employee-assistant-program/index.html>

Kids' Help (Canada)

- <https://kidshelpphone.ca/>

Men's Mental Health (US & Canada)

- <https://ca.movember.com/mens-health/mental-health>
- <https://us.movember.com/mens-health/mental-health>

General Support (US & Canada)

- Bell Let's Talk: <https://letstalk.bell.ca/>
- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month/toolkit>
- National Council for Mental Wellbeing: <https://www.thenationalcouncil.org/mental-health-awareness-month/>
- PsychU: <https://psychu.org/>
- Mental Health America: <https://mhanational.org/mental-health-month/>
- National Alliance on Mental Illness: <https://www.nami.org/>

Additional ConnexFM Member Resources

Below resources are additional tools, trainings, and virtual sessions for ConnexFM members. Use your member login to access these today:

- ConnexFM2024 Session: Workplace Wellness: <https://educate.connexfm.com/products/connexfm2024-session-workplace-wellness>
- VLE: Supporting Mental Health - Insights for Businesses and Individuals: <https://educate.connexfm.com/products/vle-supporting-mental-health-insights-for-businesses-and-individuals>
- ConnexFM2025 Session: Leading with Emotional Intelligence: The Key to High-Performing Facility Teams: https://educate.connexfm.com/products/connexfm2025-session-leading-with-emotional-intelligence-the-key-to-high-performing-facility-teams#tab-product_tab_overview