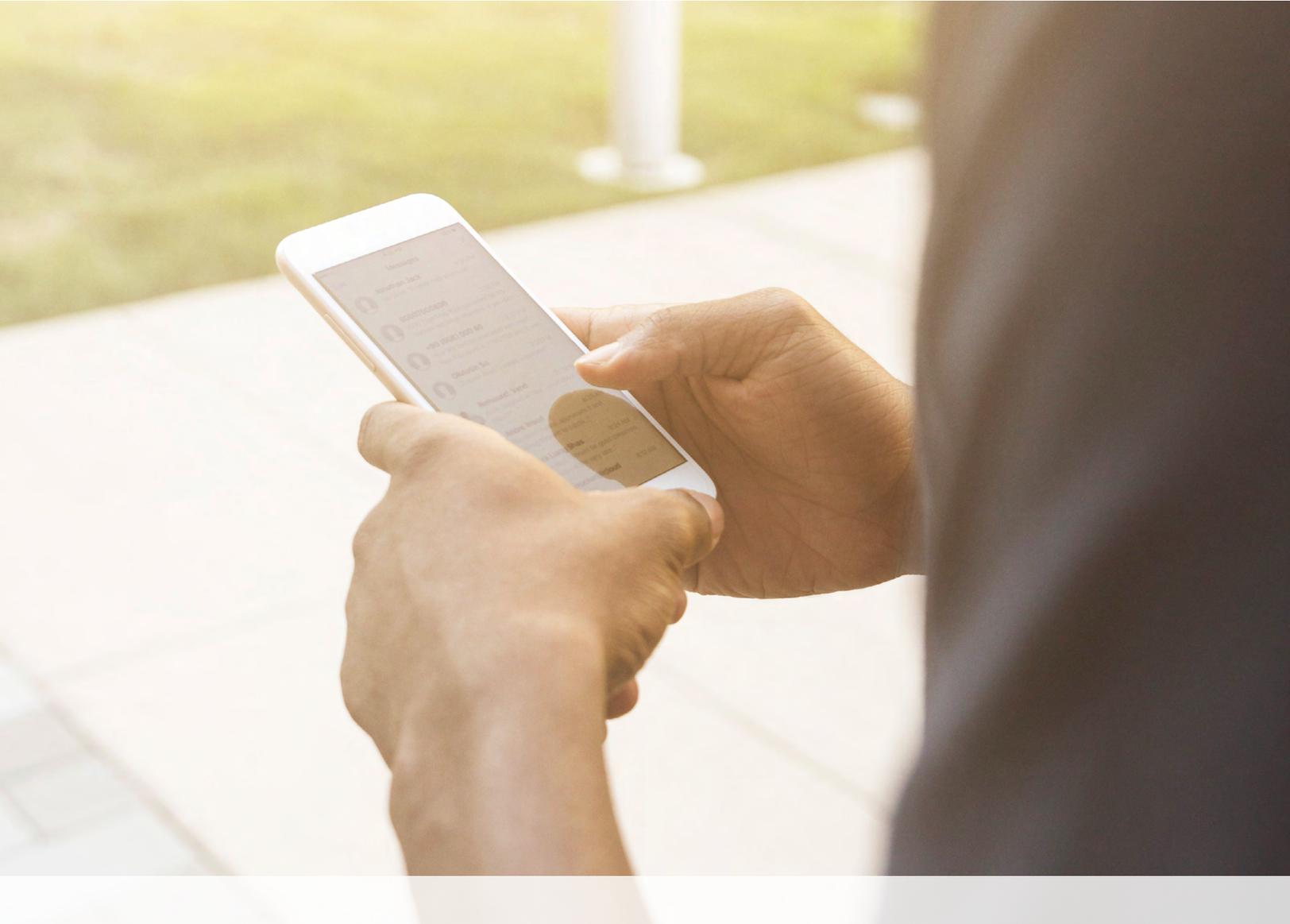




UNIVERSITY OF OTTAWA  
**HEART INSTITUTE**  
INSTITUT DE CARDIOLOGIE  
DE L'UNIVERSITÉ D'OTTAWA



# **CARDIAC REHABILITATION**

## MENTAL HEALTH RESOURCES

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## IN CASE OF EMERGENCY

**CRISIS LINE** **Telephone:** (613) 722-6914 (Ottawa)  
**Telephone:** 1-866-996-0991 (Outside Ottawa)  
**Who:** Serves people aged 16 and older  
**Web:** [www.crisisline.ca](http://www.crisisline.ca)

**DISTRESS CENTRE** **Telephone:** (613) 238-3311 (Ottawa)  
**Telephone:** 1-800-465-4442 (Lanark County)  
**Who:** Serves all ages  
**Web:** [www.dcottawa.on.ca](http://www.dcottawa.on.ca)



## HOW TO LOCATE COMMUNITY BASED PSYCHOLOGICAL SERVICES

**NOTE:** There is a fee for service – ranges up to \$225/50 minute session; often partially covered by insurance, but may require referral from a GP

**NOTE: PSYCHOLOGISTS CAN BE LOCATED BY SEARCHING ON THE FOLLOWING WEBSITES:**

College of Psychologists of Ontario: [www.cpo.on.ca](http://www.cpo.on.ca)

Ottawa Academy of Psychology: [www.ottawa-psychologists.org](http://www.ottawa-psychologists.org)

Ontario Psychological Association: [www.psych.on.ca](http://www.psych.on.ca)

**OTTAWA COMMUNITY IMMIGRANT SERVICES ORGANIZATION COUNSELING SERVICES:**

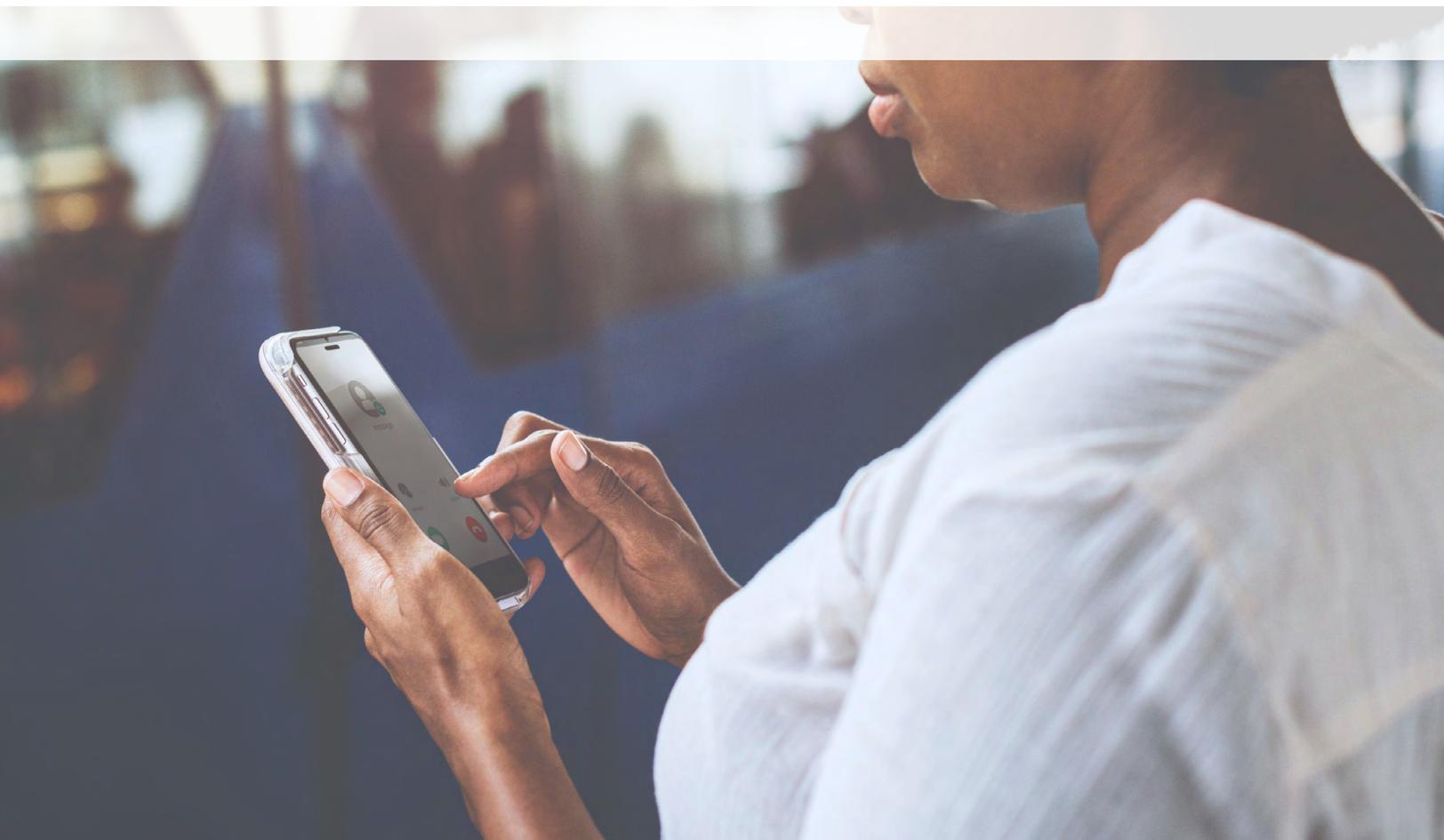
Clinical counseling and mental health support for immigrants and refugees

613-725-0202

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

[mentalhealth.outreach@ociso.org](mailto:mentalhealth.outreach@ociso.org)

Walk in counselling support offered on Thursdays from 11am-5pm in Arabic, French, and English.



## LOW-COST PSYCHOLOGICAL OR COUNSELING SERVICES - EXAMPLES

Fees are free or on a sliding scale based on income; services offered by social workers, or graduate students supervised by licensed Psychologists

**CENTRE FOR PSYCHOLOGICAL SERVICES AND RESEARCH** **Where:** University of Ottawa  
**Telephone:** (613) 562-5289  
**Web:** [www.socialsciences.uottawa.ca/psy/eng/cps.asp](http://www.socialsciences.uottawa.ca/psy/eng/cps.asp)  
**Fees:** \$60/hour session based on a family income of \$45,000; <\$45,000 qualifies for a discount.

**COUNSELING AND PASTORAL SERVICES** **Where:** St. Paul's University  
**Telephone:** (613) 782-3022 or (613) 782-3023  
**Web:** [ustpaul.ca/en/centre-for-counselling-home\\_360\\_120.htm](http://ustpaul.ca/en/centre-for-counselling-home_360_120.htm)  
**Fees:** \$30-75/hour session; exact fee is based on income

**FAMILY SERVICES À LA FAMILLE OTTAWA** **Where:** 312 Parkdale Avenue,  
**Telephone:** (613) 725-3601  
**Web:** [www.familyservicesottawa.org](http://www.familyservicesottawa.org)  
**Fees:** based on income, can be as low as \$10; unsubsidized can be up to \$130/session

**CATHOLIC FAMILY SERVICES OTTAWA** **Where:** 310 Olmstead St.,  
**Telephone:** (613) 233-8478  
**Web:** [www.cfssfc-ottawa.org](http://www.cfssfc-ottawa.org)

**JEWISH FAMILY SERVICES OF OTTAWA** **Where:** 2255 Carling Ave  
**Telephone:** (613) 722-2225  
**Web:** [www.jfsottawa.com](http://www.jfsottawa.com)

**THE WALK-IN COUNSELING CLINIC OTTAWA** **Web:** [walkincounselling.com](http://walkincounselling.com) for locations and hours

## ADDICTIONS TREATMENT PROGRAMS (NOT AN EXHAUSTIVE LIST)

**ROYAL OTTAWA HOSPITAL ADDICTION SERVICES** **Telephone:** (613) 722-6521 ext. 6158

**CENTRE FOR ADDICTION AND MENTAL HEALTH OTTAWA (SERVING OTTAWA-CARLETON)** **Toll Free:** (888) 441-2892  
**Telephone:** (613) 569-6024

## MINDFULNESS-BASED PROGRAMS - EXAMPLES

There is a fee for service – ranges from \$425-\$700/course; often partially covered by insurance when accompanied by referral from a GP; check websites for course dates

**OTTAWA MINDFULNESS CLINIC** **Telephone:** (613) 745-5366 ext. 200  
**Website:** [www.ottawamindfulnessclinic.com](http://www.ottawamindfulnessclinic.com)  
Also offer a “burnout resiliency” training program

**THE MINDFULNESS CLINIC** **Website:** [www.themindfulnessclinic.ca](http://www.themindfulnessclinic.ca)  
Located in Toronto however offer an on-line course for anyone in Ontario

## ASSOCIATIONS AND SUPPORT GROUPS

**OTTAWA HEART SUPPORT GROUP** **Telephone:** (613) 824-9563  
**Website:** [www.ottawaheartsupportgroup.com](http://www.ottawaheartsupportgroup.com)  
Free monthly information and support meetings for anyone diagnosed with heart disease. Open to patients and family members.

**OTTAWA ICD SUPPORT GROUP** **Telephone:** (613) 696-7000 ext 13095  
**Email:** [bquinlan@ottawaheart.ca](mailto:bquinlan@ottawaheart.ca)  
Free monthly information and support meetings.  
Open to all ICD patients and family members.

**MOOD DISORDERS ASSOCIATION** **Website:** [www.mooddorders.ca](http://www.mooddorders.ca) | [www.mooddordersottawa.ca](http://www.mooddordersottawa.ca)  
Education and support groups for individuals and family members, as well as ongoing wellness courses.

**ANXIETY DISORDERS ASSOCIATION** **Website:** [www.anxietydisordersontario.ca](http://www.anxietydisordersontario.ca)  
Education and supports for individuals and family members, as well as a 14-week anxiety management course for \$425, as well as a drop-in mindfulness and relaxation class (\$12/class)

**CANADIAN MENTAL HEALTH ASSOCIATION** **Telephone:** 1-877-240-3941  
**Website:** [www.cmha.ca](http://www.cmha.ca) | [www.cmhaottawa.ca](http://www.cmhaottawa.ca)  
Free program to help manage chronic conditions for both patients and caregivers.

## ONLINE RESOURCES

**Anti-depressant skills workbooks** | [comh.ca/selfcare](http://comh.ca/selfcare)

**Free workbooks that can be downloaded or read online:**

The Mindfulness Solution | [mindfulness-solution.com](http://mindfulness-solution.com)

**Free mindfulness recordings** that can be downloaded or listened to online

**Online Support Service** | [bigwhitewall.ca](http://bigwhitewall.ca) | Ontario residents have access for free

**Online interactive program** | [moodgym.com.au](http://moodgym.com.au) | Small fee associated with this program

## SMOKING CESSATION RESOURCES

**QUIT SMOKING PROGRAM – OTTAWA HEART INSTITUTE** **Telephone:** (613) 696-7069  
**Email:** [quitsmoking@ottawaheart.ca](mailto:quitsmoking@ottawaheart.ca)

**STOP PROGRAM** **Telephone:** (416) 535-8501 x 4455  
**Email:** [stop\\_study@camh.net](mailto:stop_study@camh.net)  
**Website:** [stopstudy.ca](http://stopstudy.ca)

**SMOKERS' HELPLINE CANADIAN CANCER SOCIETY** **Telephone:** 1-877-513-5333  
**Website:** [smokershelpline.ca](http://smokershelpline.ca)

**ANXIETY DISORDERS ASSOCIATION** **Telephone:** 1-877-376-1701  
**Website:** [myquit.ca](http://myquit.ca)



## RESOURCES OUTSIDE OF OTTAWA

### LANARK, LEEDS, AND GRENVILLE AREA ADDICTIONS AND MENTAL HEALTH SERVICES

**Telephone:** 1-866-499-8445 | (613) 342-2262

**Website:** llhgamh.ca

Counseling, case management, peer support, psychiatry, housing options, residential treatment, support for caregivers/family, links to other supports, recreation and social activities, help with hoarding.

### SOUTHEASTHEALTHLINE.CA

**Telephone:** (613) 341-3884

**Website:** SouthEasthealthline.ca

SouthEasthealthline.ca is an innovative resource website, providing consumers and health care providers with accurate and up-to-date information about health services across the south east region of Ontario.

### LANARK COUNTY MENTAL HEALTH

**Website:** lanarkmentalhealth.com

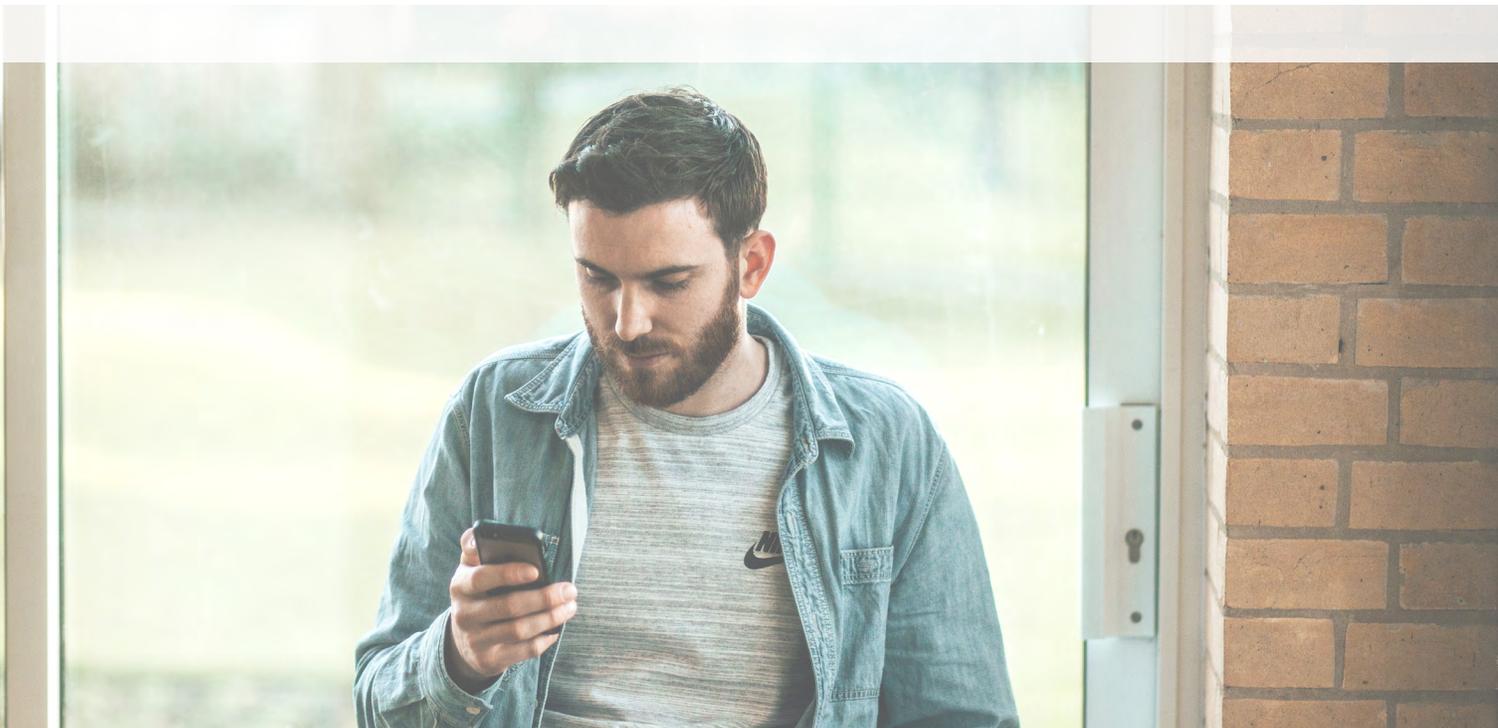
**Carleton Place** (613-257-5915) | **Smiths Falls** (613-283-2170)

### DISTRESS CENTRE LANARK LEEDS AND GRENVILLE

**Telephone:** 1-800-465-4442 | **Phone line open** 17:00-24:00

### CHAMPLAIN HEALTH LINE MENTAL HEALTH SERVICES FOR OTTAWA AND SURROUNDING AREAS

**Website:** champlainhealthline.ca



## FOR MORE RESOURCES ON MENTAL HEALTH SERVICES CONSULT:

**MENTAL HEALTH SERVICE** Telephone: 1-866-531-2600  
**INFORMATION ONTARIO** Website: mhsio.on.ca

**DIRECTORY OF OTTAWA** Telephone: (613) 241-INFO (4636)  
**COMMUNITY SERVICES** Where: cominfo-ottawa.org

**eMENTAL HEALTH** Website: ementalhealth.ca

## SELF-HELP RESOURCES

### EMOTIONAL HEART HEALTH

1. Thriving with Heart Disease: The Leading Authority on the emotional effects of heart disease tell you and your family how to health and reclaim your Lives (2003) by Sotile
2. It's not all in your head: How worry about your health could be making you sick- and what you can do about it (2005) by Asmundson and Tylor
3. Full Catastrophe Living: Using the Wisdom of your body and Mind to Face Stress Pain, and Illness (1990) by Kabat-Zinn

### MANAGING STRESS

1. 10 Simple Solutions to Stress: How to Tame Tension & Start Enjoying Your Life, by Claire Michaels Wheeler (2007). Oakland, CA: New Harbinger Publications, Inc.
2. The Relaxation & Stress Reduction Workbook (6th edition), by Martha Davis, Elizabeth Robbins Eshelman, & Matthew McKay (2008). Oakland, CA: New Harbinger Publications, Inc.
3. Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being, by A. Nezu, C. Nezu, & T. D'Zurilla (2006). New York: Springer.
4. How to get control of your time and your life by Alan Lakein (1989).

### ANXIETY

1. The Mindfulness & Acceptance Workbook for Anxiety by J.P. Forsyth & G.H. Eifert (2008). Oakland, CA: New Harbinger Publications, Inc.
2. Women who Worry too Much: How to Stop Worry and Anxiety From Ruining Relationships, Work, and Fun, by Holly Hazlett-Stevens (2005). Oakland, CA: New Harbinger.
3. When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism (2nd ed.), by Martin Antony & Richard Swinson (2009). Oakland, CA: New Harbinger.
4. The Anxiety and Phobia Workbook (5th edition), by E.J.Bourne. (2010). Oakland, CA: New Harbinger.
5. One less thing to worry about. Uncommon wisdom for coping with common anxieties, by Jerilyn Ross & Robin Cantor-Cooke (2009). New York: Random House.
6. Relaxation Audio: [comh.ca/pchc/resources/audio/](http://comh.ca/pchc/resources/audio/)

## SELF-HELP RESOURCES

### DEPRESSION

1. Feeling Good: The New Mood Therapy, by D.D. Burns. (1999). New York: Avon.
2. Antidepressant Skills Workbook by D. Bilsker & R. Paterson (2005). Consortium for Organizational Mental Healthcare (COMH). Download free in print and audio formats at: [comh.ca/selfcare/](http://comh.ca/selfcare/)
3. The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness, by M. Williams, J. Teasdale, Z. Segal, & J. Katat-Zinn. (2007). New York: Guilford Press.
4. The Mindfulness & Acceptance Workbook for Depression by K. D. Strosahl & P.J. Robinson (2008). Oakland, CA: New Harbinger Publications, Inc.
5. Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being by Michael Otto & Jasper Smits (2011). New York: Oxford University Press.
6. The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT by Russ Harris (2008). Trumpeter
7. Coping with Suicidal Thoughts: [sfu.ca/carmha/publications/coping-with-suicidal-thoughts.html](http://sfu.ca/carmha/publications/coping-with-suicidal-thoughts.html)
8. Mind Over Mood by Christine A. Padesky & Dennis Greenberger (1995). The Guilford Press.

### ANGER MANAGEMENT

1. Dr. Weisinger's Anger Work-Out Book: Step-by-Step Methods for Greater Productivity, Better Relationships, Healthier Life by Hendrie Weisinger (1985). William Morrow and Company.
2. Responding to Anger. A Workbook, by L. Bilodeau. (2001). Center City, MN: Hazelden.
3. When Anger Hurts: Quieting the Storm Within, by Matthew McKay, Judith McKay, & Peter D. Rogers (2003). Oakland, CA: New Harbinger
4. The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships, by H. Lerner. (1997). New York: Harper Perennial.
5. The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships, by Laura J. Petracek & Sandra P. Thomas (2004). Oakland, CA: New Harbinger.
6. ACT on Life Not on Anger by G.H. Eifert, M. McKay, & J.P. Forsyth. (2006). Oakland, CA: New Harbinger.

### ASSERTIVENESS & COMMUNICATION

1. Your Perfect Right: A Guide to Assertive Living (7th edition), by R. Alberti & M. Emmons. (1995). San Luis Obispo, CA: Impact.
2. The Assertive Woman (4th edition), by S. Phelps & N. Austin. (2002). San Luis Obispo, CA: Impact.
3. The Assertiveness Workbook: How to Express Your Ideas and Stand Up for Yourself at Work and in Relationships, By Randy Paterson, (2000). Oakland, CA: New Harbinger Publications.
4. Messages. The Communication Skills Book By M. McKay, M. Davis, & P. Fanning (2009). Oakland, CA: New Harbinger Publications.
5. Assertiveness Chapter from The Anxiety and Phobia Workbook (5th edition)", by E.J. Bourne. (2010). Oakland, CA: New Harbinger.

## SELF-HELP RESOURCES

### SELF-ESTEEM

1. The Self-Esteem Workbook: A Simple, Effective Program for Mastery of Liking Yourself, by Glenn R. Schiraldi (2001). Oakland, CA: New Harbinger.
2. 10 Simple Solutions for Building Self-Esteem: How to End Self-doubt, Gain Confidence, and Create A Positive Self-image, by Glenn R. Schiraldi (2007). Oakland, CA: New Harbinger Publications, Inc.

### COPING WITH PAIN

1. Managing Pain Before It Manages You (3rd ed.), by Margaret A. Caudill (2009). New York: Guilford Press.
2. Living Beyond Your Pain. Using Acceptance & Commitment Therapy to Ease Pain by Joanne Dahl & Tobias Lundgren (2006). Oakland, CA: New Harbinger.
3. 10 Simple Solutions to Chronic Pain: How To Stop Pain From Controlling Your Life by Blake H. Tearnan (2007). Oakland, CA: New Harbinger.
4. 10 Simple Solutions to Migraines: Recognize Triggers, Control Symptoms, and Reclaim Your Life by Dawn A. Marcus (2006). Oakland, CA: New Harbinger.

### SLEEP

1. The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need by Stephanie A Silberman (2009). Oakland, CA: New Harbinger.
2. Relief from Insomnia: Getting the sleep of your dreams. by Charles Morin (1995). New York: Guilford Press (Not available in print but copies in public library system)
3. No more sleepless nights by Peter Hauri & Shirley Linde (2001). San Francisco, CA: Wiley.
4. Quiet your mind and get to sleep by Colleen Carney (2009). New Harbinger Publications.

### SUBSTANCE USE

1. Controlling Your Drinking: Tools to Make Moderation Work for You” (2nd Ed) by William R. Miller and Ricardo F. Muñoz (2013). Guilford Press



## LIST OF RECOMMENDED WEB RESOURCES

### POSITIVE COPING WITH HEALTH CONDITION

**Online workbook:** <https://psychhealthandsafety.org/pcwhc/>

### LIVING HEALTHY CHAMPLAIN

Local workshops regarding living a healthy life with chronic conditions and mindfulness awareness: [www.livinghealthychamplain.ca/](http://www.livinghealthychamplain.ca/)

### MINDFULNESS BASED STRESS REDUCTION

**Free online 8 week self guided course:** [palousemindfulness.com](http://palousemindfulness.com)

### ONLINE COURSES FOR MENTAL HEALTH WELL BEING AND LIVING WITH CHRONIC CONDITIONS

<https://onlinetherapyuser.ca/wellbeing-program>

### STRESS

1. [comh.ca/pchc/resources/audio/index.cfm](http://comh.ca/pchc/resources/audio/index.cfm) - Relaxation Audio File

### ANXIETY

1. **anxietybc.com** - British Columbia has developed excellent resources for adults with anxiety problems and parents of anxious children. This material is up to date and covers a wide variety of concerns.
2. **paniccenter.net** - An interactive website based in Ontario dedicated to helping those who suffer from panic disorder. Provides an online support group that is professionally moderated
3. **anxieties.com** - A free Internet self-help site based in the US with web-based programs for persons suffering from anxiety, panic attacks, phobias, obsessive-compulsive disorder (OCD), fear of flying and post traumatic stress disorder (PTSD).

### DEPRESSION

1. <http://moodgym.anu.edu.au/welcome> - A well researched Australian website for depression
2. **changeways.com** – (then go to self-care depression program) A Canadian website with a well developed program
3. **myselfhelp.com** – A US website that is well designed. May have a small monthly fee. Programs for depression, stress, insomnia, eating disorders, self esteem, guilt, grief, compulsive shopping, caring for loved ones
4. **depressioncenter.net** - Has a free, interactive 16-session cognitive-behaviour therapy course; also has an anonymous online support group, informed by health educators.

## LIST OF RECOMMENDED WEB RESOURCES

**CHRONIC PAIN** American Pain Foundation - [painfoundation.org](http://painfoundation.org)  
American Chronic Pain Association - [theacpa.org](http://theacpa.org)  
Arthritis Foundation - [arthritis.org](http://arthritis.org)  
Canadian Pain Coalition - [canadianpaincoalition.ca](http://canadianpaincoalition.ca)  
Chronic Pain Association of Canada - [chronicpaincanada.com](http://chronicpaincanada.com)  
Chronic Pain Support Group - [chronicpainsupport.org](http://chronicpainsupport.org)

**INSOMNIA** **[sleepeducation.com](http://sleepeducation.com)** - This is a comprehensive patient education website sponsored by the American Academy of Sleep Med National Sleep Foundation  
**[sleepfoundation.org](http://sleepfoundation.org)** - This is a large comprehensive patient education website sponsored by the largest patient sleep advocacy group, the National Sleep Foundation. The site has been re-organized since the last review.  
**[talkaboutsleee.com](http://talkaboutsleee.com)** - This is an industry sponsored comprehensive patient education website with many features including chat and message boards.  
**WebMD Sleep Disorders Health Center** - [webmd.com/sleep-disorders/default.htm](http://webmd.com/sleep-disorders/default.htm)

**SUBSTANCE USE** **[get.gg/docs/CDATWorkBook.pdf](http://get.gg/docs/CDATWorkBook.pdf)** - This is a free, online workbook written for individuals trying to overcome substance abuse. It was developed by the creators of the Cognitive Behavior Therapy Self Help Resources website.

**[cdha.nshealth.ca/addictions-and-mental-health-program-chamhp/self-help-assessment](http://cdha.nshealth.ca/addictions-and-mental-health-program-chamhp/self-help-assessment)**  
This is a website which lists a variety of self-help resources for varying substance use issues, ranging from tobacco to alcohol. It was created by the Capital Health Addictions group in Nova Scotia.



## LIST OF LOCAL SELF-HELP ORGANIZATIONS

**MOOD DISORDERS OTTAWA** [mooddisordersottawa.ca](http://mooddisordersottawa.ca)  
Offers a bi-monthly, free support group for adults with mood disorders. For more information, call the MDO Info-Line 613-526-5406, or send an email to [mdosupport@hotmail.com](mailto:mdosupport@hotmail.com)

**ANXIETY DISORDERS ASSOCIATION OF ONTARIO** [anxietydisordersontario.ca](http://anxietydisordersontario.ca)

**OTTAWA COMMUNITY IMMIGRANT SERVICES ORGANIZATION** <http://ociso.org/En>  
Offers counseling for individuals, couples, and families. Services available in over 50 languages.

## NON EXHAUSTIVE APP LIST

Disclaimer: The activities, tools, and information found in the APPs listed below are suggested as adjuncts to your treatment. In no way do these APPs substitute the care provided by a trained professional. If you believe that you may be suffering from depression or another mental health disorder consider seeking help from a licensed mental health professional. Similarly, if you are unsure whether these apps are right for you or about how to best implement content, be sure to consult a licensed health professional about your concerns

**NOTE:** Apps may be associated with fees, please do not feel as though you must use the ones with a fee

### ADDICTIONS

OA Speakers (Overeaters Anonymous – recovery stories)  
InTheRooms (Alcoholism-Virtual Support/recovery/self-help)  
QUIT THAT (tracks minutes from stopping a behaviour and cost savings since stopping behaviour)

### ANXIETY

Anxiety Reliever (free trial version, monthly upgrade fee)  
Anxiety Coach

### MOOD

MoodKit  
iCOUCH CBT  
CBT iCoach (sleep)  
MoodTracker  
Icvt app  
MoodKit

### RELAXATION AND MINDFULNESS

MindShift (Anxiety education and tools to walk you through situation; including body scan with voice options)  
Breathe2Relax  
Breathe  
Mindfulness Coach  
Take a break!  
Headspace  
Happify

### MINDFULLY EATING

EAT BREATHE THRIVE (Hunger awareness and needs assessment with self-soothing meditation)