

MENTAL HEALTH RESOURCES

GENERAL MENTAL HEALTH RESOURCES

CAMH Crisis Resources: <https://www.camh.ca/en/health-info/crisis-resources>

- Contains distress lines, helplines, and crisis lines for all areas of the GTA.
- Also contains specialized resources such as the Multilingual Distress Line, LGBT YouthLine, Trans Lifeline, and more.

Distress Lines & Access – Open 24/7 unless otherwise indicated.

- *Talk Suicide Canada: 1 (833) 456-4566* or text 45645 – <https://talksuicide.ca/>
 - o For emergencies and crises.
- Toronto Distress Centres: **416 408-4357** or 408-HELP – <https://www.dcoft.com/>
 - o Provides timely emotional support, intervention, and prevention.
- Gerstein Centre: **416 929-5200** / <https://gersteincentre.org/>
 - o Telephone support, in-person mobile crisis teams, community support referrals, and more.
- Community Crisis Line Scarborough and Rouge Hospital: **416 495-2891** for 24/7 telephone crisis support.
 - o Offers Mobile Crisis Intervention Teams (MCITs).
 - o Service borders: south to the lake, north to Steeles Avenue, east to Port Union Road, and west to Victoria Park.
 - o <https://www.shn.ca/areas-of-care/mental-health-care/crisis-support/>
- Durham Crisis and Mental Health Line: **905 666-0483** – <https://dmhs.ca/cause/crisis-response/>
 - o Toll free telephone services for those in the Durham region, as well as temporary Crisis Beds for those in need.
- Distress Centre Halton
 - o Oakville: **905-849-4541**
 - o Burlington: **905-681-1488**
 - o Milton/Halton Hills: **905-877-1211**

Crisis Text Line

- Free and confidential 24/7 national crisis-intervention text-message service.
- Text HOME (English) or PARLER (French) to **686868**.

Toronto Community Crisis Services

- <https://www.toronto.ca/community-people/public-safety-alerts/community-safety-programs/toronto-community-crisis-service/>
- You may also call 211 to be directed accordingly, or 911 in the case of an emergency.

Available Mental Health Apps

- <https://insighttimer.com/en-ca> – For sleep, anxiety, and stress relief.
- <https://www.smilingmind.com.au/smiling-mind-app> – For meditation.
- <https://apps.apple.com/ca/app/mindshift-cbt-anxiety-relief/id634684825> – For anxiety relief.
- <https://apps.apple.com/app/id1361356590> – For breathing, anxiety, and stress relief.
- <https://www.breathwrk.com/> – Breathing and calming exercises.



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SPECIALIZED MENTAL HEALTH RESOURCES

LGBT YouthLine

- For those 29 and under located in Ontario.
- Phone: **1-800-268-9688**
- Text: **647-694-4275**

Kids Help Phone

- Phone: **1-800-668-6868**
- Available 24/7 in both English and French for young people.

Hope for Wellness

- Help Line at **1-855-242-3310**, 24 hours a day, 7 days a week.
- Phone and chat counselling is available in English and French. On request, phone counselling is also available in: Cree, Ojibway, Inuktitut
- Available across Canada for Indigenous who need support.
- Counsellors can also work with you to find other wellness supports that are available near you.

VFX INDUSTRY RESOURCES

VES Member Assistance Program *(for VES members)*

- <https://www.vesglobal.org/ves-member-assistance-program/>
- The Member Assistance Program offers timely, qualified assistance and support including private one-on-one counseling services.

Re-Ignite Yourself Web Video Series

- <https://www.vesglobal.org/hw-reignite-yourself-webinar-series/>
- The Visual Effects Society in partnership with the Québec Film and Television Council, have created a five-part webinar series to destigmatize mental health and provide industry support.

GOVERNMENT RESOURCES

Unemployment Insurance (EI).

- <https://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html>
- **Up to 55% of your regular earnings**, but the final amount is determined by your application.
- You **must have between 450-700 insurable hours** of work prior to applying for EI.
- EI can take **between 2-4 weeks** before you receive any amount of payment.
- **You will need an ROE in order to apply for EI**, this is something that your Employer must give you.
- If you have freelance work, or a part-time employment, you may still be eligible to collect partial EI: <https://www.canada.ca/en/employment-social-development/programs/ei/ei-list/working-while-claim.html>
- If you have **questions about what you are entitled to**, you can check the Government website for more information, or give them a call. This link is a good starting point: <https://www.canada.ca/en/services/jobs/workplace/federal-labour-standards/termination.html>
- <https://www.canada.ca/en/employment-social-development/corporate/contact/ei-individual.html> *To contact the Government regarding any questions. The hours of operation are 8:30 am to 4:30 pm local time (ET), Monday to Friday.*
 - o **Toll-Free:** 1-800-206-7218
 - o **TTY:** 1-800-529-3742



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JOB OPENINGS/BOARDS

VES Job Finding Resources

- <https://www.vesglobal.org/jobboard/>

LinkedIn

- https://www.linkedin.com/search/results/all/?keywords=vfx%20jobs&origin=GLOBAL_SEARCH_HEADER&sid=m2B

Indeed Job Postings

- <https://ca.indeed.com/jobs?q=vfx+jobs&l=Toronto%2C+ON&from=searchOnHP&vjk=79d8ec1d7d6eaa86>

Glassdoor Job Postings

- https://www.glassdoor.ca/Job/vfx-jobs-jobs-SRCH_KO0,8.htm

Lance LeFort Talent Group

- <https://www.leforttalentgroup.com/services/talent-marketing>
- For senior talent, and those who need assistance with contract negotiations.