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://talking.com/
  o For emergencies and crises.
- Toronto Distress Centres: 416 408-4357 or 408-HELP – https://www.dco.org/
  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/
  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
- You may also call 211 to be directed accordingly, or 911 in the case of an emergency.

Available Mental Health Apps
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).
- **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](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/services/jobs/workplace/federal-labour-standards/termination.html)
- [https://www.canada.ca/en/employment-social-development/corporate/contact/ei-individual.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.
  - **Toll-Free:** 1-800-206-7218
  - **TTY:** 1-800-529-3742
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.