



# Orientation to Ontario

## MENTAL HEALTH

Our mental health is an important part of feeling good and being content. In Canada, 1 in 5 adults experience a mental health concern at some point in their lives. If you experience mental health issues, such as stress, anxiety, depression or other mental disorders, you should seek help.

- Stress is a physical response to difficult situations. Although stress can help us endure challenges, it can also hurt our bodies and minds if the challenges are too many or too difficult. Too much stress can cause illness, fatigue, heart attacks or stroke and can lead to serious mental health concerns.
- Anxiety is when we respond to normal situations or people with fear, dread, worry or panic. Anxiety can also include physical symptoms like a fast heart rate, sweating and hyperventilating.
- Depression is a mood disorder that causes feelings of sadness and apathy that do not go away. Depression can also have physical symptoms like pain and fatigue.

### Trauma and Post Traumatic Stress Disorder (PTSD)

Refugees often experience war, violence or other kinds of trauma. People who have experienced trauma

may fear authority, have problems trusting other people or suffer from memory loss, depression or anxiety. Some people may develop post-traumatic stress disorder, which is a serious mental health concern.

Children who have experienced trauma may start to behave younger than their age. They may refuse to speak or refuse to leave the parent's side. Children who have experienced trauma need special care.

### SEEKING HELP

If you or someone in your family is experiencing some mental health concerns, talk to your doctor, settlement worker, social worker or spiritual advisor about seeking help.

There are many free counselling services available through mental health organizations and community health centres.

Your employer may have an Employee Assistance Program (EAP) or an Employee Family Assistance Program (EFAP) that provides some free counselling services and can help you find the right supports. Your doctor can also refer you to a psychiatrist. Psychiatric care is free through OHIP. Your doctor can also help you find a therapist who specializes in trauma and Post Traumatic Stress Disorder.

### Refugee HealthLine

The Refugee HealthLine can help refugees find health care services. This is not a crisis line or an emergency number.

1-855-626-0002  
<https://settlement.org/o2o>



Funded by / Financé par

Call this number to find a clinic or health service near you that provides health care to refugees. Refugee HealthLine  
**1-866-286-4770.**

### **Mental Health Help in Other Languages**

The Centre for Addiction and Mental Health (CAMH) has information about mental health in many languages. You can find this information in the Hospital section of their website, under Health Information.  
[www.camh.ca/en/hospital/health\\_information](http://www.camh.ca/en/hospital/health_information)

### **RESOURCES**

Ontario Mental Health Helpline -  
**1-866-531-2600** - [mhsio.on.ca](http://mhsio.on.ca)

Drug & Alcohol Helpline -**1-800-565-8603**

AIDS and Sexual Health InfoLine -  
**1-800-668-2437**

KidsHelpPhone is a free, confidential, 24-hour counselling service for children in Canada.

**1-800-668-6868**

Good2talk is a free, confidential, 24-hour counselling service for students at Ontario's colleges and universities.

**1-866-925-5454**

If you are having a Mental Health Crisis or EMERGENCY, call **9-1-1** or go to the nearest hospital.

