

# **Tools and Resources**

## **Compassion Fatigue**

Tend tool kit

[The TEND Toolkit](#)

Tend Academy trainings

[Training TEND](#)

## **theworkingmind.ca**

[Continuum Self-Check - Opening Minds - Workplace Mental Health Training](#)

[Zung Self-Rating Anxiety Scale \(SAS\) - Psychology Tools](#)

List of Self-Care Activities

[list\\_of\\_distraction\\_techniques.pdf](#)

## **CMHA**

[Work Life Balance Quiz | CMHA National](#)

## **6 Areas of Self-Care**

[Self-Care Wheel Handout](#)

## **Mental Health First Aid**

[Opening Minds - Workplace Mental Health Training](#)

## **Trauma-Informed Approach**

[What is Trauma-Informed Care? - University at Buffalo School of Social Work - University at Buffalo](#)

[SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach](#)

[All Resources - Trauma-Informed Care Implementation Resource Center \(chcs.org\)](#)

[Resources - Trauma Informed \(trauma-informed.ca\)](#)

[https://cewh.ca/wp-content/uploads/2012/05/2013\\_TIP-Guide.pdf](https://cewh.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf)

Toolkit: [trauma-informed\\_toolkit\\_v07-1.pdf](#)

How Trauma effects the Brain?  
[The Physical Effects of Trauma](#)

### **Cultural Competency**

[Cultural Competency in Settlement Services.pptx](#)

### **Resources**

[The Making of a Culturally Competent Counselor](#)

### **General**

#### **Food Guide:**

[Canada's food guide resources - Canada.ca](#)

#### **CMHA Quick Guide**

[PD-Quick-Guide-digital-final\\_Dec 16 21 1.pdf](#)

#### **CMHA Community Resource Sheet**

[Community Resource Sheets | CAMH](#)