

Tools and Resources

PCHS E-Mental Health and Well-Being

[PCHS – Punjabi Community Health Services](#)

Compassion Fatigue

TEND Toolkit

[The TEND Toolkit](#)

TEND Academy trainings

[Training TEND](#)

The Working Mind

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

Anxiety Scale

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

List of Self-Care Activities

[list_of_distraction_techniques.pdf](#)

CMHA Quiz

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

6 Areas of Self-Care

[Self-Care Wheel Handout](#)

Mental Health First Aid

Mental Health First Aid Training

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

Trauma-Informed Approach

Trauma Informed Care

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

SAMHSA – Trauma Informed Approach

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

How Trauma Affects the Brain?

[The Physical Effects of Trauma](#)

TIA Resource Center

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

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

Trauma Informed Practice Guide

https://cewh.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf

Trauma Informed Toolkit

[trauma-informed_toolkit_v07-1.pdf](#)

Cultural Competency

Cultural Competence in Settlement

[Cultural Competency in Settlement Services PDF](#)

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](#)