

# Need Help for Mental Health Tool

## About the Need Help for Mental Health Tool

The Need Help for Mental Health? Tool is a mental health navigation tool. There is a pre-made tool specific to Edmonton, but a customizable version of the Tool is also available for communities to edit based on the population they work with. This tool is a basic overview of the mental health services that are available. It can be used by anyone to help themselves or others connect to mental health and social services in their community by reading through the questions and seeing which services meet their needs.

**Website:** <https://mentalhealthactionplan.ca/need-help-for-mental-health-tool/>

---

## Physical Materials

8x11in Poster	<a href="https://mentalhealthactionplan.ca/wp-content/uploads/2021/09/PDF-Need-Help_static-Edmonton.pdf">https://mentalhealthactionplan.ca/wp-content/uploads/2021/09/PDF-Need-Help_static-Edmonton.pdf</a>
5.5x7in Postcard	<a href="https://mentalhealthactionplan.ca/wp-content/uploads/2021/09/PDF-Need-Help_static-Edmonton.pdf">https://mentalhealthactionplan.ca/wp-content/uploads/2021/09/PDF-Need-Help_static-Edmonton.pdf</a>
5.5x4.25in Magnet & Sticker	<a href="https://mentalhealthactionplan.ca/wp-content/uploads/2023/08/Need-Help-Tool-Magnet-3.pdf">https://mentalhealthactionplan.ca/wp-content/uploads/2023/08/Need-Help-Tool-Magnet-3.pdf</a>
3.5x2in Business Card	<a href="https://mentalhealthactionplan.ca/wp-content/uploads/2023/08/Need-Help-Card-3.pdf">https://mentalhealthactionplan.ca/wp-content/uploads/2023/08/Need-Help-Card-3.pdf</a>

Physical copies are available for pickup in the Edmonton area. Contact [info@mentalhealthactionplan.ca](mailto:info@mentalhealthactionplan.ca) for details.

---

## Key Messages

- ❖ The Need Help for Mental Health Tool helps people navigate the mental health system. It lists the most relevant resources for common questions a person may have when they are struggling with their mental health or they know someone who might need help.
- ❖ According to [Statistics Canada](#), 5.3 million Canadians stated they needed help for their mental health in a single year, with almost half saying they did not have their needs fully met. The most frequent reasons were related to not knowing where to go, being too busy or not being able to afford to pay. The Need Help Tool reduces the gap between needing and receiving mental health support by providing a quick and easy resource for mental health help.
- ❖ It is crucial to reduce barriers for mental health support. By offering the Need Help Tool in nine different languages, more people are able to understand where to go for mental health support and access the support that best fit their needs.
- ❖ Every community has different needs and services for their people. The Need Help Tool is customizable for knowledgeable service providers to change the services listed, so that their community members have the best information available for them.