

CS: Self-Directed Supports

Version 3

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Explore free online and community-based tools to support your mental health and wellbeing, anytime, anywhere. Whether you're looking to manage stress, improve sleep, or learn new coping strategies, these self-guided resources are here to help you take the next step at your own pace. These resources cover a wide range of topics like anxiety, low mood, relationships, and more. These supports are ideal if you're not ready to connect with a counsellor or want something to complement your existing care.

More information coming soon!