

Self-Help Tools & Learning

City of Saskatoon Employee & Family Assistance Program (EFAP)

1. MindShift CBT — Anxiety Canada

Website: <https://www.anxietycanada.com/>

Overview: Anxiety Canada provides information and self-help tools for managing anxiety.

Topics: Anxiety, coping strategies and cognitive behavioural therapy-based self-help.

2. UCLA Mindful App

Website: <https://www.uclahealth.org/marc/ucla-mindful-app>

Overview: UCLA's Mindful Awareness Research Center offers guided mindfulness meditation resources, including a mobile app.

Topics: Mindfulness, meditation, present-moment awareness and stress management.

3. Be Here Now Network

Website listed by EFAP: <https://beherenownetwork.com/>

Overview: The EFAP page lists this as a source of podcasts and other content related to mental health and connection.

Topics: Mindfulness, meditation, personal growth and well-being.

4. Feeling Good Podcast

Website listed by EFAP: <https://podcasts.apple.com/us/podcast/feeling-good-podcast-team-cbt-the-new-mood-therapy/id1171155453>

Overview: The EFAP page lists this podcast as a source of educational discussion about cognitive behavioural approaches, depression, anxiety and self-esteem.

Topics: Cognitive behavioural therapy, mood, anxiety and self-help strategies

5. WalkAlong

Website listed by EFAP: <https://www.walkalong.ca/>

Overview: The EFAP page describes WalkAlong as a mental health companion.

Topics: Mental wellness and self-guided support.