



# Podcast Resource Form

This form houses all resource links referred to in this episode.

## Episode:

Taking Care of Your Mental Health with ROCK.

### Resource Links:

ROCK - Reach Out Centre For Kids

KEYON

Brené Brown — Empathy Video

Brené Brown — Gifts of Imperfection

Brené Brown - Marriage is never 50/50 Video-

\*\*Explicit language is used. Alternatively skip forward to 24 second time mark, to listen to the last half of the video.

Mental Health Resources in Halton:

bouncebackontario.ca/

togetherall.com/en-ca/

halton.cmha.ca/

hwww.connexontario.ca/en-ca/

COAST — Crisis Outreach and Support Team Halton Crisis Line (for people 16 years or older)

1-877-825-9011

24/7 ROCK Crisis Line (for children up to 18 years of age) 905-878-9785