

WELL-BEING



INSIDE EXPAT HEALTH CANADA



Welcome to Canada!

Everybody wants to make the most of their expat experience, but moving abroad can be challenging.

That's why caring for your mental health and leading an active lifestyle are so important to stay healthy and happy in your new country.

This guide contains helpful tips about safeguarding your well-being in Canada.

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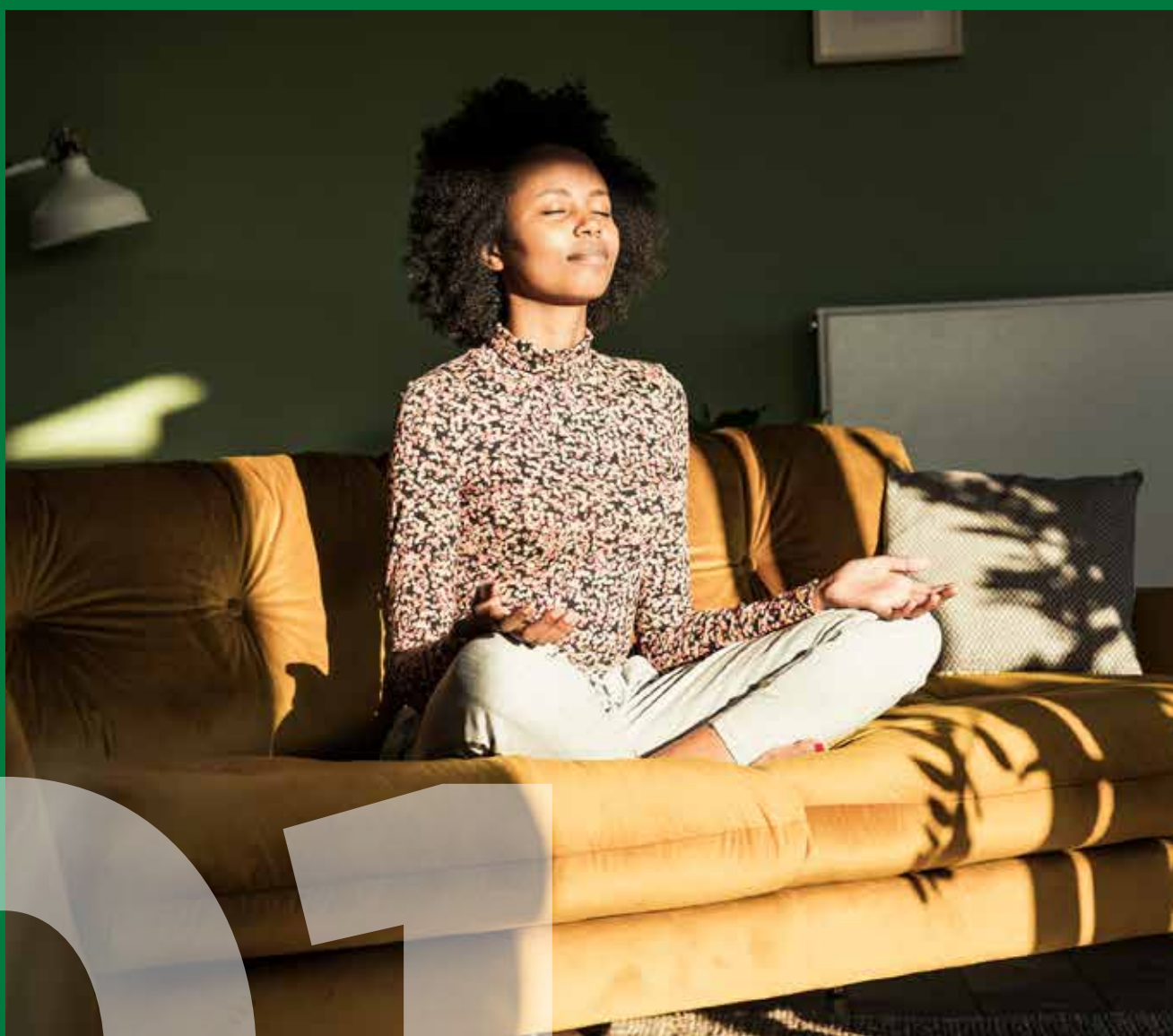
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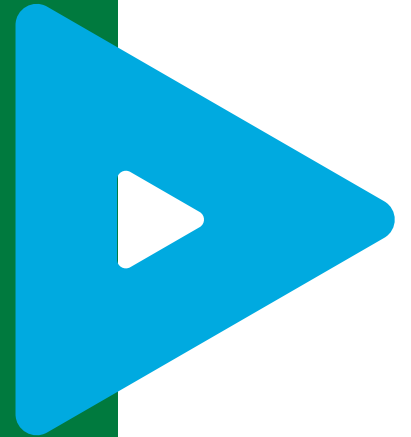
MENTAL HEALTH



CANADA RECOGNISES MENTAL HEALTH

as a fundamental part of your overall health. That's why Canada's Medicare covers mental health services provided by physicians and psychologists who work in publicly funded organisations. Private psychologists are, however, paid out of pocket or through private insurance.

Family doctors are generally authorised to help diagnose and manage some mental health problems. Depending on the severity of the situation, you may be referred to a specialist who can further diagnose and treat you through therapy, counselling and medication.





There are plenty of organisations and online resources created to champion mental health in Canada. Here are some you can contact for assistance or referrals:

- The **Mental Health Commission of Canada** aids companies in creating work environments that promote mental health.
mentalhealthcommission.ca
- The **Canadian Mental Health Association (CMHA)** is a community mental health organisation with clinics across Canada. They provide mental health aid, support and resources.
cmha.ca
- **Psychology Today** is one of the largest mental health and behavioural science publications online. It has search tools to help you find therapists around the world, including Canada.
psychologytoday.com/ca
- The **Canadian Psychological Association (CPA)** is a national professional association with resources to find psychologists in different cities in Canada.
cpa.ca
- **Canadian Centre for Mental Health and Sport (CCMHS)** is a sports and performance-focused mental health care resource to help athletes, youth, parents, coaches, sports organisations and support staff.
ccmhs-ccsms.ca



IN CASE OF AN EMERGENCY, CALL 911.

If you or a loved one is in distress, use the following resources:

PHONE, TEXT AND CHAT-BASED

- **Crisis Services Canada**

Toll-free phone line (24/7): 1 (833) 436-4566

Text support (4 PM-midnight ET): 45645

- **Canadian Crisis Hotline**

Phone line: 1 (888) 353-2273

- **Wellness Together Canada**

Phone line: 1-866-585-0445 (adults)

Text support: 741741 (adults)

Phone line to peer supporters (3 PM-7 PM EST): 1-888-768-2488

- **Kids Help Phone (in collaboration with Wellness Together Canada)**

Phone line: 1-866-668-6910 (youth)

Text support: text “WELLNESS” to 686868 (youth)

Chat support: kidshelpphone.ca/live-chat

- **Youthspace.ca**

Text support (6 PM-midnight PT): (778) 783-0177

Chat support (6 PM-midnight PT): youthspace.ca

APPS AND OTHER ONLINE SERVICES

- **Better Help**

For online access to professional counsellors, available on the web.
betterhelp.com

- **The LifeLine App**

For phone, online chat, text and email crisis support. Also designed to link you to e-counselling, self-management tools and access to crisis centres across Canada.

thelifelinecanada.ca

- **Big White Wall Canada**

To access an anonymous peer support community anytime, anywhere.
bigwhitewall.ca



FAMILY & CHILDREN





The most popular forms of recreation in Canada involve the magnificent outdoors and natural spaces. Some popular activities cost very little while others can be expensive due to the need for specialised equipment.



Here are some you can try:

1. Team or group activities

- Camping
- Baseball
- Ball / Road / Ice Hockey
- Football
- Volleyball
- Badminton
- Rugby
- Lacrosse
- Ultimate frisbee
- Geocaching
- Dragon boating
- Picnicking



2. Individual activities

- Walking
- Cycling
- Cross-country skiing
- Jogging
- Kayaking
- Rafting
- Rowing
- Scuba diving
- Snorkelling
- ATV driving
- Snowmobiling
- Fishing
- Skating
- Bird watching
- Hunting
- Tai chi
- Mountain climbing
- Golfing



And there are many more! Ask your colleagues or neighbours about popular activities that are unique in your city or province to make the most of your stay in Canada.



OUTDOOR RECREATION SITES

These are some of the outdoor land areas dedicated to recreation in Canada:

1. Crown lands

Undeveloped, federally owned land that Canadian citizens can camp on for a maximum of 21 days. Non-citizens need a permit to camp on crown lands. These limitations may differ in different provincial and municipal lands.

2. Public Land Use Zones (PLUZ)

There are 19 PLUZs in Alberta designated for recreational purposes. Camping in some PLUZs requires a Public Lands Camping Pass. Campers are not allowed to stay in the same location for over 14 days and must move at least a kilometre away for at least 72 hours.

3. Provincial or territorial parks

Canada has over a thousand provincial parks and more than 50 territorial parks, each managed by its respective government. Some parks are free to enter, but parks in Ontario and Manitoba charge a daily fee for entry.



If you want to try boondocking, dry camping or wild camping, some of these lands have specially demarcated recreational sites with fire pits, tent space, picnic tables and outhouses. Some provincial campgrounds are reservable with a daily fee.



Some important things you should know before you set off on your adventure:

- Some recreational sites are “non-operating” spaces that have no electricity, piped water, bathroom facilities, cleaners to pick up after you. Do make plans for waste disposal and check where you can find dump stations on or near the site.
- Be ready for rough roads.
- Always make contingency plans. You may not have internet access, so keep a list of emergency numbers on hand in case you need assistance.
- Be wary of wildlife. Canada’s great outdoors come with the threat of free-roaming rattlesnakes, bears, cougars, moose and more.



FITNESS CENTRES

For those who prefer the controlled environment of indoor recreation, Canada is not short on gyms and fitness centres. There are hundreds to choose from with memberships costing as little as \$40 a month. Most of them offer:

- **Personal trainers to help you with personalised fitness plans.**
- **Up-to-date equipment.**
- **A variety of exercises such as yoga, pilates, kickboxing, strength training and skipping.**
- **Shops to purchase fitness-related equipment or personal items like towels, grooming supplies, or locks for lockers.**






HOLISTIC THERAPY





 Holistic therapy is more commonly known as paramedical services in Canada. Here is some key information about this field of medicine:

01 They are complementary treatments offered by dietitians, acupuncturists, naturopaths, and chiropractors.

02 As many as 79% of all Canadians have utilised at least one of these types of therapies alongside mainstream medicine to improve their personal wellness, manage body pains and relieve stress.

03 In Canada, it is legal for anyone to be a paramedical practitioner.

04 Apart from chiropractors and osteopaths, practitioners are not legally required to adhere to any specific standards set down by health authorities or join accredited associations.

It is generally a good idea to consult with your general practitioner (GP) or family doctor if you intend to look into holistic therapy. They are in the best position to recommend specific therapies or practitioners based on your health record and medical condition.



HERE ARE SOME RESOURCES TO GET YOU STARTED:*

- **Natural Health Practitioners of Canada**
nhpcanada.org
- **The Canadian Osteopathic Council (COC)**
osteopathic.ca
- **The Canadian Chiropractic Association**
chiropractic.ca

** These are not official recommendations by Cigna. Some paramedical services are not regulated by the Canadian government.*



FAMILY & CHILDREN





Canada offers a high quality of life with plenty of socialising and working opportunities for your partner, and enrichment for your children.

However, Canada's social security usually only covers the seconded worker (that is, you) moving to live there. Aside from maternity care, reimbursements for your family's health care are generally low and limited, and will not cover repatriation or care received outside Canada. This is why private and global insurance that covers the entire family is popular among expats.



EDUCATION

Canada mandates compulsory education for children between 6–16 years old (up to 18 years old in Ontario, Manitoba and New Brunswick). Just like its decentralised health care system, public schools are managed by their respective provinces and territories. The curriculum taught in one province may differ from that in another.



Public schools are free for expat children with a residence permit. Without a permanent residence or a work permit, it will be costly to send your children to a public school. This is one of many reasons why you should obtain your residence permit with the appropriate electronic travel authorisation before travelling to Canada.



International and private schools are alternative schooling options for expat children. They feature smaller class sizes, modern facilities and a diverse selection of extracurricular activities.



Faith-based schools are also available. Schools that incorporate religious value systems and teachings may be publicly or privately funded depending on the provinces and territories.



PAEDIATRIC CARE

Most Canadian children see regular family doctors for their day-to-day health care, but a good 30-40% visit paediatricians for their primary health care. The norm may differ depending on the city you are about to move to.

If you intend to look for a paediatrician, here are some ways you can get started:

- **Word of mouth**
Ask your friends, family members or colleagues with children about the paediatrician they visit.
- **Provincial colleges**
Every province has its own college of physicians and surgeons. They will be able to help you find licensed paediatrics who are open to accepting new patients.
- **Referrals from family doctors**
In some regions of Canada, you need a referral from a family doctor or a nurse practitioner to see a paediatrician.

Some provinces and territories have their own online search tools. In others, you may have to contact the health authorities directly. The Canadian Paediatric Society (CPS) has useful resource pages that link to province- and territory-specific organisations.

- **Colleges or health departments**
caringforkids.cps.ca/resources/find_a_doctor

- **Local children's hospitals and clinics**
caringforkids.cps.ca/resources/find_a_hospital



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