**Appendix E**

**Debriefing Resources**

Sharing stories related to your experiences of being a wheelchair user, could bring up difficult memories or emotions. While these experiences are honored in the interview section and treated with respect, you may require support beyond the interview space. This resource list of free or subsidized support may help you find the help you may need. If you are unable to find the resources you require for your area, please contact me directly.

**The Toronto Affordable Therapy Network (Canada based)**

The community we aim to serve are those who, for various reasons, cannot pay standard rates but would really like someone to talk to. While our home base is in Toronto, our therapists support folks all across Canada.

Sliding scale therapy isn’t new but knowing where to find it isn’t always easy – and it’s also not easy for those who need these services, to ask for them.

When a person is ready, the process of finding a therapist can be intimidating. We aim to make that process easier.

https://affordabletherapynetwork.com

**Connect and Share (March of Dimes Canada)**

If you have a disability and are 18 years or older, you are eligible to be matched with a person who is volunteering their time because they enjoy meeting new people too. With physical distancing in place because of the pandemic, you will visit by phone or online <https://forms.office.com/Pages/ResponsePage.aspx>?id=LgLPEQJhz0Oew\_OpyuNE5QXNoOLeJRdFqZSa1ki6KXpUNTNOODdRRE9MMEpTV01EMk J NTTZMNTlKNSQlQCN0PWcu&wdLOR=cC4053240-0C8A-42D4-A6FB-91B42887D016

**The Bounce Back Program (Ontario residents only)**

Bounce Back is a free, guided self-help program that’s effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable, or angry.

Participants receive telephone coaching, skill-building workbooks, and online videos to help them. overcome these symptoms and gain new skills to regain positive mental health. To receive telephone coaching support, clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they’re connected with a primary care provider. For those who are not quite ready for coaching, our online videos can provide helpful tips. https://bouncebackontario.ca.

**Mind Beacon (Ontario residents only)**

Free therapist guided support, based in cognitive behavioral therapy for residents of Ontario. https://info.mindbeacon.com/freetherapy-1?utm\_campaign