

Mental Health Resources & COVID-19

For updated resources, visit:

Wellness Together Canada: <https://Canada.ca/coronavirus> <https://ca.portal.gs/>

Ontario supports: <https://covid-19.ontario.ca> <https://www.ontario.ca/page/2019-novel-coronavirus>

REMINDER: For agencies that have an Employee Assistance Program (EAP), most programs are available during this time to all staff and management. They can provide individual counselling sessions and other resources for support.

Counselling Supports and Information Resources

Centre for Addiction and Mental Health (CAMH): Mental health and COVID-19

<http://www.camh.ca/en/health-info/mental-health-and-covid-19>

CAMH has created a website to provide information and suggestions about how best to cope in this difficult time for health. It answers questions such as, "How do I talk to my children about COVID-19 and its impact?", "How can I support friends and loved ones who are very anxious about the COVID-19 pandemic?", "How can I deal with feeling lonely while in self-isolation?". It also provides information for "Strategies for stress and anxiety", "Tips for dealing with isolation", and much more.

Wellness Together Canada: Mental Health and Substance Use Support

<https://ca.portal.gs/> 1-866-585-0445 (24/7)

Provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues. Login to create an account and answer a series of questions to guide you in choosing from a variety of tools and resources that are best suited for your needs.

Additional resources

- Adult mental health & addictions supports: <https://homewoodhealth.com/corporate/covid-19-resources>
- Youth supports: <https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

Bounce Back®

www.Bouncebackontario.ca 1-866-345-0224

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

Mental health tip sheet

- <https://bouncebackontario.ca/wp-content/uploads/2020/04/BounceBack-Tip-Sheet-Covid19-EN.pdf>

Big White Wall

<http://www.bigwhitewall.com/>

Big White Wall is a free, anonymous, online social platform for individuals experiencing mild to moderate anxiety and/or depression. It is moderated by trained "wall guides" 24/7 and is a place to connect and receive support from others with similar experiences.

Reminder: If you are **currently receiving mental health and addictions services** and supports, please contact your current service provider, including community-based mental health and addictions agencies. Many of these providers are modifying their services to move towards virtual care, meeting clients by phone or secure video-conferencing.

ASO and COVID-19 -Specific Resources

Public Health Ontario <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus>

CATIE <https://www.catie.ca/en/covid-19-resources> <https://www.catie.ca/fr/vih/ressources-covid-19>

AIDS Bereavement and Resiliency Program of Ontario (ABRPO) <https://abrpo.org/>

HIV Resources Ontario <http://www.hivresourcesontario.ca/covid-19-resources/>

Canadian Centre for Substance Use and Addiction <https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>

- Coping with stress, anxiety, and substances use during COVID-19 <https://www.ccsa.ca/sites/default/files/2020-04/CCSA-COVID-19-Coping-with-Stress-Anxiety-and-Substance-Use-Infographic-2020-en.pdf>
- Managing stress, anxiety, and substance use during COVID-19 <https://www.ccsa.ca/sites/default/files/2020-04/CCSA-COVID-19-Stress-Anxiety-and-Substance-Use-Health-Care-Providers-Infographic-2020-en.pdf>

Mental Health Commission of Canada

<https://www.mentalhealthcommission.ca/English/mhcc-covid-19-resources>

Crisis Lines & Telephone & Live Chat Supports

Kids Help Phone (ages 18 and younger)

1-800-668-6868 <http://www.kidshelpphone.ca/resourcesaroundme>

24/7 phone and text support service offering professional counselling, information and referrals to young people in both English and French.

Wellness Together Canada: Mental Health and Substance Use Support (Immediate Support)

Adults: Text WELLNESS to 741741

Youth: Text WELLNESS to 686868

Hope for Wellness Helpline (supports for Indigenous Peoples)

1-855-242-3310 <https://www.hopeforwellness.ca/>

Indigenous Peoples can call for immediate mental health counselling and crisis intervention across Canada (available in some Indigenous languages). Live web chat is also available.

Talk 4 Healing (supports for Indigenous women)

1-855-554-4325 <http://www.talk4healing.com>

Indigenous women can get help, support and resources 24/7, with services in 14 languages by calling or texting. Live web chat is also available.

Connex Ontario – Mental Health Helpline

1-866-531-2600 <https://www.connexontario.ca>

Adults and frontline workers who are dealing with the realities of COVID-19 can call ConnexOntario for mental health, addictions and problem gambling support.

Good 2 Talk

1-866-925-5454 <https://good2talk.ca/>

A phone and texting service that offers confidential support to post-secondary students.

Canadian Mental Health Association (CMHA)

Find your local CMHA Branch: <http://ontario.cmha.ca/local-cmha-branch-supports/>

Additional mental health supports: <http://ontario.cmha.ca/provincial-mental-health-supports/>

A national community mental health organization offering supports and resources for all Canadians.

Ontario-wide List of Crisis Lines (eMentalHealth.ca)

<https://www.ementalhealth.ca/Ontario/Crisis-Lines-including-Telephone-Online-and-Chat/index.php>

This province-wide listing includes free crisis lines via telephone, online, and chat features.

211 Ontario

Dial 211 or 1-877-330-3213 <https://211ontario.ca/how-can-i-help/>

Live web chat at <https://211ontario.ca/chat/>

For information and referrals for community, government, social and health services, including mental health resources across Ontario, call 211 or 1-877-330-3213.