

Mental Health Resource Guide During COVID-19

It is normal to feel anxious and isolated during these unprecedented and difficult times of COVID-19. Listed below are resources we gathered that can be helpful in supporting your mental health needs during this time.

For up-to-date list of mental health supports in Toronto, see City of Toronto:

www.Toronto.ca/covid19

- Click “Mental Health Resources” for a list of resource providers.
- Also review “COVID-19: Advice for Specific Needs” highlighted on the right-hand side of the page for coping strategies and other helpful advice and direction
- You can also contact 211 Toronto (Call 2-1-1 for 24/7 support or visit www.211ontario.ca for online chat or to search directory of services. Language interpretation is available.

Center for Addition and Mental Health (CAMH):

- **For a list of COVID-19 Frequently Asked Questions (FAQ) :** [COVID-19 FAQ and Additional Resources | CAMH](#)
- **For information about Mental Health and COVID-19 Pandemic:** [Mental Health and the COVID-19 Pandemic | CAMH](#)

Challenging Worries & Anxious Thoughts: [camh_covid19_infosheet-challenge_worries-pdf.pdf](#)

Dealing with Problems in a Structured Way: [camh_covid19_infosheet-dealing_with_problems-pdf.pdf](#)

Talking to Children about COVID-19 and its impact: [camh_covid19_infosheet-talking_to_kids-pdf.pdf](#)

For Free Online, clinician-supported programs

For free digital programs to support mental well-being through the COVID-19 crisis see Stronger Minds by BEACON: [Stronger Minds by MindBeacon](#)

For suggestions on what to do if you're anxious or worried about COVID-19 see Anxiety Canada: [What to do if you're anxious or worried about coronavirus \(COVID-19\) - Anxiety Canada](#)

For free online therapy program for depression see CIMHS (Centre for Interactive Mental Health Solutions): [CIMHS Free Online Therapy for Depression](#)

For free online support groups run by professionals see Turn2Me: [CIMHS Free Online Therapy for Depression](#)

For free online peer support groups see Mood Disorders Association of Ontario. To sign up for groups: <https://mooddisorders.ca/>

For free online self-guided learning see AbilitiCBT by Morneau Shepell: <https://ontario.abiliticbt.com/home>

For free coping with COVID-19 and phone counselling available 24/7 for adults (aged 18+), youth, and frontline workers: <https://wellnesstogether.ca/en-CA>

For free self-directed online supports

Anxiety Canada - www.anxietycanada.com or their free CBT app called MindShift.

Togetherall (formerly Big White Wall) - www.bigwhitewall.ca

CCI Self-Help Resources for Mental - Health <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

Anxiety and Depression Association of America (ADAA) - <https://adaa.org/adaa-online-supportgroup>

Wellness Together Canada - <https://wellnesstogether.ca/en-CA>

If you are in crisis and need someone to talk to contact:

Distress Centres of Greater Toronto: 416-408-4357 (or 416-408-HELP), text 45645 or chat online

Gerstein Centre: 416-929-5200; language interpretation available

Assaulted Women's Helpline 416-863-0511, toll-free: 1-866-863-0511, www.awhl.org (language interpretation available)

Crisis Text Line: send a text to 686868

Seniors:

Crisis Outreach Services for Seniors 416-217-2077

Toronto Seniors Helpline 416-217-2077 or 1-877-621-2077 or torontoseniorshelpline.ca

Youth:

Kids Help Phone 1-800-668-6868

Youthdale Crisis Service 416-363-9990

For a mental health helpline see The Warm Line:

The service supports adults (18+) and is open 12pm- 12am to provide emotional support. Warm Line is not a crisis line.

Call: 416-323-3721 (between 12pm-8pm) or 416-960-9276 (between 8pm-12am)

Text: 647-557-5882 Online Chat: www.warmline.ca

For counselling support by phone or online messaging through Employee Assistance Programs (EAP), see your employer or human resources department for more information.