

Resource Guide during COVID-19

For up-to-date list of mental health supports in Toronto see City of Toronto: www.Toronto.ca/covid19

1. Click “Mental Health Resources” for a list of resource providers.
2. 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.

For a list of COVID-19 Frequently Asked Questions (FAQs) see Centre for Addiction and Mental Health (CAMH): <http://www.camh.ca/en/health-info/mental-health-and-covid-19> including the following infosheets to support you to better cope with worry, problem-solve and how to talk to children.

Challenging Worries & Anxious Thoughts: http://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-pdf.pdf

Dealing with Problems in a Structured Way: http://www.camh.ca/-/media/files/camh_covid19_infosheet-dealing_with_problems-pdf.pdf

Talking to Children about COVID-19: http://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf

For free digital programs to support mental well-being through the COVID-19 crisis see Stronger Minds by BEACON:

https://www.mindbeacon.com/strongerminds?_hstc=79686603.ece63c4fbc1c0b326cd52ae06df93f4a.1563388465011.1583249542896.1585664625616.11&_hssc=79686603.14.1585664625616&_hsfp=3815863327&hsutk=ece63c4fbc1c0b326cd52ae06df93f4a&contentType=standard-page

For suggestions on what to do if you're anxious or worried about COVID-19 see Anxiety Canada: www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19

For free online therapy program for depression see CIMHS (Centre for Interactive Mental Health Solutions): www.cimhs.com

For free online support groups run by professionals see Turn2Me: <https://turn2me.org/group-supports>

Hosts free **online support groups** run by professionals for anxiety, depression, stress management, suicidal thoughts and feelings, and general mental health issues.

For free online peer support groups see Mood Disorders Association of Ontario. To sign up for groups: docs.google.com/forms/d/e/1FAIpQLSfINmZ30cSAcpOWCylvXiKA96GGVrHoWWEkIo1Fozawp0pbJQ/viwwform

For free self-directed online supports see

- **Anxiety Canada** - www.anxietycanada.com or their free CBT app called **MindShift**.
- **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-support-group>

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.