

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](http://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.

For a list of COVID-19 Frequently Asked Questions (FAQ) see Centre for Addiction and Mental Health (CAMH): <http://www.camh.ca/en/health-info/mental-health-and-covid-19>

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?](https://www.mindbeacon.com/strongerminds?hstc=79686603.ece63c4fbc1c0b326cd52ae06df93f4a.1563388465011.1583249542896.1585664625616.11&hssc=79686603.14.1585664625616&hsfp=3815863327&hsutk=ece63c4fbc1c0b326cd52ae06df93f4a&contentType=standard-page)

[hstc=79686603.ece63c4fbc1c0b326cd52ae06df93f4a.](https://www.mindbeacon.com/strongerminds?hstc=79686603.ece63c4fbc1c0b326cd52ae06df93f4a.1563388465011.1583249542896.1585664625616.11&hssc=79686603.14.1585664625616&hsfp=3815863327&hsutk=ece63c4fbc1c0b326cd52ae06df93f4a&contentType=standard-page)

[1563388465011.1583249542896.1585664625616.11&hssc=79686603.14.1585664625616&](https://www.mindbeacon.com/strongerminds?hstc=79686603.ece63c4fbc1c0b326cd52ae06df93f4a.1563388465011.1583249542896.1585664625616.11&hssc=79686603.14.1585664625616&hsfp=3815863327&hsutk=ece63c4fbc1c0b326cd52ae06df93f4a&contentType=standard-page)

[hsfp=38](https://www.mindbeacon.com/strongerminds?hstc=79686603.ece63c4fbc1c0b326cd52ae06df93f4a.1563388465011.1583249542896.1585664625616.11&hssc=79686603.14.1585664625616&hsfp=3815863327&hsutk=ece63c4fbc1c0b326cd52ae06df93f4a&contentType=standard-page)

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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>

For free online peer support groups see Mood Disorders Association of Ontario. To sign up for groups:

docs.google.com/forms/d/e/1FAIpQLSfInMz30cSAcpOWCylvXiKA96GGVrHoWWEklo1Fozawp0pbjQ/vie_wform

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.