

COVID-19 Resources

These resources are not region specific, but can be applicable to most. To see how to search for more region-specific resources, please see at the end of the document. This list is not exhaustive and inclusion does not imply specific endorsement.

GENERAL RESOURCES

1.) Information about COVID-19 and practices:

- The Canada.ca website is a reliable resource to use to learn the best practices to protect against COVID-19 ([Click here](#))
- The website also has some information for different outcomes if they do happen – for example, if someone in the household shows symptoms ([Click here](#))

2.) Resources for Children for COVID-19

- Cartoon from CBS that describes COVID-19 ([Click here](#))

Guides for Parents:

- Helping Children Cope with Changes Resulting from COVID-19 ([Click here](#))
- Talking with Children about COVID-19 ([Click here](#))
- Talking to kids about the Impact of COVID-19, CAMH ([Click Here](#))

3.) Financial Support:

- Government of Canada: Includes information re: EI Sickness Benefits ([Click Here](#))
- **Emergency Care Benefit** ([Click here](#))

4.) Food:

- **Grocery Delivery:** Many grocery stores offer home delivery, you can use services like:
 - **Grocery Gateway** (1-877-447-8778; www.grocerygateway.com)
 - **Instacart** (www.instacart.ca) – make sure the settings are set to Canada
 - **Meals on Wheels:** www.mealsonwheels.ca
 - **Mobile Food Bank (Red Cross):** <https://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank>

Accessible Mental Health Services and Information

5.) **Maintaining Mental Health Practices In General:**

- Maintaining Mental Health Amid the Spread of COVID-19 ([Click Here](#))
- Maintaining Mindfulness during the COVID-19 Pandemic ([Click Here](#))
- CAMH: Mental Health and the Pandemic ([Click Here](#))
- Anxiety Canada: What to do if you're anxious or worried about coronavirus ([Click Here](#))
- Psychological Tips for Coping with Infectious Disease ([Click Here](#))

6.) **Phone Supports:**

- **The Warm Line:** Mental health helpline for adults (18+). The service is open 7 days/week, from 8pm-12pm. The Warm Line provides emotional support and is not a crisis line. Call: 416-960-9276 Text: 647-557-5882 Online Chat: www.warmline.ca
- **Mood Disorders Association of Ontario (MDAO):** Peer mental health support offered Monday to Friday, 9:30am-5pm by calling 416-486-8046.
- MDAO is also offering online peer support groups (limited availability). To sign up, visit: docs.google.com/forms/d/e/1FAIpQLSfINmZ30cSAcpOWCyIvXiKA96GGVrHoWWEkIo1FoZawp0pbJQ/viewform
- **Good2Talk:** 1-866-925-5454 – Free, confidential, 24/7 helpline for post-secondary students, providing professional counselling as well as information and referrals for mental health support.
- Many Employee Assistance Programs (EAP) offer counselling support by phone or online messaging. Check with your employer or HR department for more information.
- WoodGreen's Walk-In Counselling program is temporarily being offered over the phone. Tuesdays and Wednesdays beginning at 4:15 p.m., clients can call 416-645-6000 ext. 1990 to speak with a counsellor for a one-hour session. Program offered on a first come, first serve basis.
- **Kids Help Phone:**
 - Phone: Available 24/7 at 1-800-668-6868.
 - Text: To start using the texting service, text CONNECT to 686868
 - Website for more information: <https://kidshelpphone.ca>

7.) **Individual Therapy:**

- **CMHA – BounceBack:** www.bouncebackontario.ca: 1-866-345-0224: BounceBack is a free CBT-based skill-building program where a coach helps support you over the phone in working through a series of workbooks based on your concerns. Referral process: GP referral is preferred, but you can also self-refer online. No catchment.
- **BEACON:** www.mindbeacon.com This is a therapist-assisted, digital CBT (TAiCBT) service. There

is a cost for the program, which includes 12 weeks of access to dedicated therapist and 1 year access to CBT course materials. Employee insurance benefits are accepted.

- **Turn2Me:** <https://turn2me.org/group-supports>; Hosts free online support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and more.
- **Psychology Today Canada:** <https://www.psychologytoday.com/ca>; Private therapist matching online - Can be accessed by insurance
- **Inkblot Therapy:** <https://inkblottherapy.com/> - Private therapist online sessions

There are several text/online chat/video-based counselling services, with varying costs and service components, such as:

7 Cups – 7cups.com **TalkSpace** - talkspace.com **Better Help** – betterhelp.com







8.) Self-Directed Online Supports

- **Anxiety Canada:** www.anxietycanada.com; Online library of free, downloadable CBT worksheets to help you understand anxiety and learn strategies to tolerate and manage anxiety. They also offer a self-guided course, My Anxiety Plan (maps.anxietycanada.com), with a version for Adults and Children/Teens. Anxiety Canada also developed a free CBT app called MindShift.
- **Big White Wall:** www.bigwhitewall.ca - This free online mental health service offers self-help programs and courses on topics including: anxiety, depression, stress management, healthy eating, and substance use. Also offer online peer support forum, which is anonymous and moderated by mental health professionals
- **CCI Self-Help Resources for Mental Health:** Free workbooks for a range of concerns, including: Anxiety, Panic, Self-Compassion, & Worry and Rumination
<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>
- **CIMHS (Centre for Interactive Mental Health Solutions):** - Free online therapy program for depression, using CBT skills. www.cimhs.com
- **Mood Gym:** Interactive online self-help program that teaches CBT skills to manage symptoms of depression and anxiety. Subscription is \$40/year. www.moodgym.com.au

9.) Books (can be purchased online):

- **Mind Over Mood (Greenberger & Padesky)** - This best-selling workbook teaches skills and principles used in CBT.
- **The Mindfulness and Acceptance Workbook for Anxiety (Forsyth & Eifert)** - Based on Acceptance and Commitment Therapy (ACT)
- **Full Catastrophe Living (Kabat-Sinn & Nhat Hanh)** - Mindfulness Meditation
- **The Anxiety and Phobia Workbook (Bourne)**

10.) Apps:

| CBT skills-based support: | | Mindfulness Meditation: | |
|---|---|---|----------------------|
|  | Mindshift – CBT tools & strategies for anxiety; (Developed by Anxiety Canada) Free |  | Calm |
|  | What's Up – CBT & ACT (Acceptance & Commitment Therapy) tools to manage anxiety, depression, anger, & stress; Free |  | Headspace |
|  | Sanvello (formerly Pacifica) – CBT tools for anxiety, depression, & stress (Premium membership currently free) |  | Insight Timer |

** Many phone apps are offering free membership or access to additional services over the course of COVID-19.**

11.) Online Addictions Support:

- **Alcoholics Anonymous (AA)** - <http://aa-intergroup.org/directory.php>
- **Narcotics Anonymous (NA)** - <http://www.carna.ca/meeting.php>
- **Cocaine Anonymous** - <https://www.ca-online.org/>
- **AA Sober Living** - www.aasoberliving.com
 - Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, and daily and weekly readings.
- **SMART Recovery Online** - www.smartrecovery.org/smart/smart-recovery-online/
 - Abstinence-based peer support group that utilizes motivational interviewing, mindfulness, and cognitive behavioural therapy tools and techniques. Daily online meetings, message board, 24/7 live chat, and online recovery toolbox
- **Life Ring** - www.lifering.org/online-meetings - Abstinence based, secular, and self-empowered addiction recovery
- **In the Rooms** - <https://www.intherooms.com/home/>
 - A free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.
- **Cannabis Rehab** - www.cannabisrehab.org - This free online drug rehab group was originally set up just to help those trying to quit marijuana but they now welcome anyone struggling with drug addiction.
- **HAMS Harm Reduction Network** - www.hamsnetwork.org - HAMS is a free of charge peer led

support group for people who want to reduce the harm in their lives caused by alcohol or other substances. HAMS offers support via a chat room, an email group, and live meetings. HAMS supports every goal from safer use to reduced use to abstinence from alcohol. Their daily chat is schedule for 9 P.M. EST , 6 P.M. PST

- **Life Ring:** Abstinence based, secular, and self- empowered addiction recovery. www.lifering.org/online-meetings -
- **In the Rooms:** <https://www.intherooms.com/home/>
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12. More Region Specific Resources:

If you still need to find more resources in different regions:

- 1.) You can choose the LHIN you are interested in, to be directed to only those resources by clicking on <https://www.thehealthline.ca/>
- 2.) If you are not sure which LHIN a certain city is, simply google search the “city” and “healthline”
 - a. For example, my google search would be “Brampton healthline.ca” and the screenshot below will show. “Brampton” would then be considered “central west”

