

## Mental Health During Self-Isolation

Accessible mental health supports for anyone affected by COVID-19 related stress, anxiety, and depression. Learn about affordable resources for therapy, supports dedicated for frontline workers burdened by the impacts of COVID-19, and resilience training for healthcare workers during COVID-19.



## Quarantine and Isolation: Mental Health

An outline from Centre for Addiction and Mental Health (CAMH) on how the effects of isolation can negatively impact mental health, as well as resources to help cope. The article additionally provides tips and advice for supporting a loved one, particularly those with a pre-existing mental illness, while in isolation.

**Accessible from:** <https://www.camh.ca/en/health-info/mental-health-and-covid-19/quarantine-and-isolation>

## Together All: Online Peer Support Community for Your Mental Health

An anonymous community where members can support each other through a safe place to talk and share, 24 hours a day, 7 days a week. Additionally, Together All provides self-assessments, creative tools, and self-guided courses for personal growth.

**Accessible from:** <https://togetherall.com/en-ca/>

## Affordable Therapy Network: An Initiative to Increase Access to Mental Health Services Across Canada

Find affordable therapy from the Affordable Therapy Network that is low cost or provided with sliding scale fees. Provides a network of affordable therapists for patients without having to go through an organization, and offers online therapy during COVID-19.

**Accessible from:** <https://affordabletherapynetwork.com/>

## Helping Health Care Workers Cope with COVID-19- Related Trauma

Information from Anxiety Canada on helping healthcare workers cope with unprecedented COVID-19 trauma. Provides coping strategies, self-monitoring tips for post-traumatic stress disorders, and recommendations for healthcare leaders.

**Accessible from:** <https://www.anxietycanada.com/articles/helping-health-care-workers-cope-with-covid-19-related-trauma/>

## Ontario Caregiver Helpline

The Ontario Caregiver Helpline provides caregivers with a one-stop resource for information and support. Provides information on respite care in your area, support groups, information about financial support available to caregivers, and help navigating health and social service systems.

**Accessible from:** <https://ontariocaregiver.ca/find-support/helpline/>

## 211 Program: Government, Community-based, Non- Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

**Accessible from:** <https://211.ca>

## Resources for People in Need

Resources compiled by the Government of Ottawa to assist people in need. Find food resources, resources for isolated seniors, masking resources, community health and resource centres, text and chat lines to provide support for victims of violence and abuse, and more.

**Accessible from:** <https://ottawa.ca/en/family-and-social-services/family-and-social-services-covid-19-info/resources-people-need>

## Seniors Resources and Supports During COVID-19

Support services and resources available for seniors during the COVID-19 pandemic compiled by Red Book, a Community Information website from the Hamilton Public Library. Find resources for loneliness, meal delivery, grocery shopping, faith-based support, and more for seniors in self-isolation.

**Accessible from:** <https://redbook.hpl.ca/node/12216>

## Care for Caregivers: Mental Health Support for Continuing Care Providers

An online resource established in response to the COVID-19 pandemic to provide support for healthcare workers who support others. Designed specifically for professional care providers and the leadership team who supports them, Care of Caregivers provides resources and targeted support for COVID-19 related mental health stressors.

**Accessible from:** <https://www.careforcaregivers.ca/>

## Centre for Addiction and Mental Health (CAMH): Self- Referral for Mental Health Care

An online self-referral form for health care workers in Ontario that are impacted by stress related to COVID-19 and require mental health and/or addiction support.

**Accessible from:** <https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

## Health Care Worker Assist

Created to support healthcare workers with increased anxiety and depression. Services offered include system navigation, crisis planning, psychoeducation, brief individual therapy, primary care phone consultation guidance, and referral to Prompt Care Clinic for most high-risk individuals.

**Accessible from:** [https://www.ontarioshores.ca/finding\\_help/programs\\_and\\_services/adults/health\\_care\\_worker\\_assist](https://www.ontarioshores.ca/finding_help/programs_and_services/adults/health_care_worker_assist)

## Mind Beacon: Therapist Guided Mental Health Support

Free mental support funded by the Government of Ontario for Ontario residents dealing with mental illness. Services include 1-1 sessions focused on Cognitive Behavioural Therapy with a licensed therapist. Additionally offers customized support for healthcare workers.

**Accessible from:** <https://info.mindbeacon.com/btn542>

## **Bound Back: Reclaim Your Health**

A free skill-building program managed by the Canadian Mental Health Association (CMHA) 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 online videos.

**Accessible from:** <https://bouncebackontario.ca/>

## **COVID Frontline Wellness**

Confidential support offered through phone or video conference for health care workers impacted by stress related to COVID-19. Supports are offered in both English and French, and aim to help individuals build coping skills and manage feelings of stress, anxiety, and depression.

**Accessible from:** <https://www.theroyal.ca/covid-frontline-wellness>

## **ECHO Ontario Mental Health: Coping with COVID**

A virtual training and capacity building model that supports healthcare providers responding to the COVID-19 pandemic in learning about ways to build resilience and overall wellness through lectures and case-based discussions.

**Accessible from:** <https://camh.echoontario.ca/echo-coping-with-covid/>

## **ECHO Ontario Mental Health: Care of the Elderly for LTC**

A telehealth, case-based learning program run by Baycrest and North East Specialized Geriatric Centre to enhance the quality of care to LTC residents by improving knowledge and skills of their primary care providers. Session focuses on building resiliency in LTC team members during COVID-19

**Accessible from:** <https://clri-ltc.ca/resource/echo-covid19/>

## **Strengthening Mental Health and Wellness During COVID-19**

A curated list of accessible mental health resources by the Ontario Hospital Association. Find Ontario, national and international resources that support mental wellbeing.

**Accessible from:** <https://www.oha.com/news/strengthening-mental-health-and-wellness-during-covid-19>