



## **COVID-19 RESOURCES**

**March 31, 2020**

**\*Mental Health Wellness**

This brief COVID-19 Resource has been developed to support the patients of the practice. It was created with a focus on your mental health wellness during this difficult time. It is not a comprehensive list of resources as our mental health encompasses many factors. Here are some resources that we quickly put together for you.

## **MENTAL HEALTH**

### **Crisis Numbers**

#### **Adults**

24/7 COAST Crisis Line 1-877-825-9011

#### **Child and Adolescent**

(R.O.C.K resources)

24-Hour Crisis Line - 905-878-9785

KIDS HELP PHONE 1-800-668-6868

### **CAMH (Centre for Addiction and Mental Health)**

Mental Health and the COVID-19 Pandemic

The effort to address COVID-19 is both extremely important for us all and poses a range of challenges on individuals and families as they respond to the demands of the situation. The situation is stressful for everyone and it is normal to be anxious and worried. This site is designed to provide information and suggestions about how best to cope in this difficult time. It is not intended to be a resource for people who require screening for COVID-19 or are experiencing a mental health crisis.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

## **R.O.C.K. (Reach out Centre for Kids)**

<https://rockonline.ca>

They have put together some resources and suggestions to help support children, youth, and families at this time of uncertainty. They will be updating them regularly, so please check back for new content.

Please note this a very good resource, as it is comprehensive including information re financial support, food delivery, community Facebook etc.

\*This is a very comprehensive resource.

## **CMHA (Community Mental Health Association) Halton Region Branch**

<https://halton.cmha.ca>

- Free Walk-In Counselling will be provided **by phone** rather than in person. Please call 289-291-5396 and you will be contacted by a counsellor within 24 business hours.

## **BounceBack**

<https://bouncebackontario.ca>

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed 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 through online videos, you will get access to tools that will support you on your path to mental wellness. If interested in coaching, a person can self-refer or a healthcare professional can refer. You can expect to receive a call within 5 days. You can receive 6 phone sessions.

## **Big White Wall**

[www.otn.ca/bigwhitewall](http://www.otn.ca/bigwhitewall)

Commissioned by over 120 organizations globally, this is an online service providing access to millions with anxiety, depression and other common mental health issues. They offer talk about (monitored chats) and art therapy, courses and resources.

Current list of courses:

Improve your sleep

Cut down on your drinking

Quit smoking

Assertiveness training

Stop procrastinating

Balance your thinking

Problem solving

Managing anger  
Coping with grief and loss  
Managing self-harm  
Managing OCD  
Managing stress and worry  
Managing health anxiety  
Managing phobias  
Managing panic  
Managing PTSD  
Managing social anxiety  
Managing depression and low mood

### **Anxiety Canada**

Expert tools and resources to help Canadians manage anxiety.

<https://www.anxietycanada.com>

### **APPS (meditation / wellness)**

<https://www.headspace.com/covid-19>

To help support you through this time of crisis, they are offering some meditations you can listen to anytime. These are part of a larger collection in the Headspace app — free for everyone — called Weathering the storm. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. They state: It's our small way of helping you find some space and kindness for yourself and those around you.

<http://calm.com>

This is another app that is widely used and has a \*free trial.

### **OTHER SUPPORTS**

Regarding financial support:

#### **Government of Canada**

Support for Individual and Families

Support for people facing unemployment / Support for people who are sick, quarantined, or in directed self-isolation

\*The new Canada Emergency Response Benefit (CERB)

<https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html>

Regarding our food health:

**Canada's Food Guide**

<https://food-guide.canada.ca/en/>

\*Currently many of us don't have access to food resources for many reasons. As we limit our community interactions / shopping - this guide has been included only to be mindful of foods / food groups that might be better choices. Often we might not have a choice.

**Dietitians of Canada**

Advice for the general public about COVID-19

Updated March 24, 2020

<https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19>