



Dorval Medical

FAMILY HEALTH TEAM

## MENTAL HEALTH AND WELLNESS RESOURCES COVID-19

This resource has been developed to support your mental health and wellness. Please note that services and programs are adjusting how they deliver care during the COVID-19 Pandemic. Included are some COVID-19 specific resources to support individuals and families.

### HALTON COMMUNITY RESOURCES (DIRECTORY OF SERVICES)

[Where to get Help in Halton](#)

[Halton Mental Health Resource Guide](#)

### MENTAL HEALTH AND SEXUAL VIOLENCE CRISIS NUMBERS AND PHONE SUPPORT

#### ADULTS

**COAST** (Crisis Outreach and Support Team) 24/7      1-877-825-9011

Crisis professionals will speak to you by phone and provide support and help you make a plan to stay safe. There is also a mobile team (Crisis Outreach Program) of mental health specialists who may provide short-term crisis support if you are experiencing a crisis related to your mental health and need help to cope, find other supports, and keep your housing.

**COAST is not an emergency response unit. If your situation is a life-threatening emergency, call 911.**

[Distress Centre Halton](#) 24/7 365 **Oakville:** 905-849-4541 **Burlington:** 905-681-1488 and **Halton Hills:** 905-877-1211

Distress Centre Halton provides telephone and online support to people in our community to better cope with crisis, loneliness, and emotional stress. Having the support of a friendly person who cares about your feelings and what you're going through can make all the difference.

[Canada Suicide Prevention Service | Crisis Services Canada](#) 1-833-456-4566

## CHILDREN AND ADOLESCENTS

**ROCK Crisis Line** (24/7, ages 0-18) 905-878-9785

[KIDS HELP PHONE](#): 1-800-668-6868

Kids Help Phone is Canada's only 24/7, national support service, offering professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

**Good2Talk** 1-866-925-5454 *\*not a crisis number*

This is a free, confidential service for post-secondary students in Ontario, available 24/7/365. Post-secondary students in Ontario can receive professional counselling and information and referrals for mental health, addictions and well-being.

## SEXUAL ASSAULT AND DOMESTIC VIOLENCE

### ADULTS AND ADOLESCENTS (12+)

[SAVIS](#) (Sexual Assault & Violence Intervention Services) (905) 875-1555

Offers free and confidential 24/7, one-on-one crisis counselling services, with no judgment, just support. Services can be short- or long-term in nature and are open to female-identified, male-identified and transgender people aged 12 and over who are survivors of violence, including childhood sexual abuse.

[Nina's Place](#) (Sexual Assault and Domestic Violence Care Centre)

Nina's Place: 905-632-3737 ext. 5708 (during business hours); Emergency Department (Joseph Brant Hospital, Burlington): 905-336-4116; [Email Nina's Place](#)

Nina's Place is the regional sexual assault and domestic violence care centre of Halton for women and men providing sexual assault services (youth and adult), domestic violence services (youth and adult) and children's services (under 13).

## **SUBSTANCE USE**

[ADAPT](#) (Halton Alcohol Drug & Gambling Assessment Prevention and Treatment Services)

**Intake Desk** 905-639-6537 ext.0

**Community Withdrawal Management Program** 1-877-517-2237

**Opioid Outreach and Treatment Services** 1-855-211-0898

**Problem Gambling** 1-866-783-7073 or 905-691-2687

[Finding Quality Addiction Care in Canada: Drug & Alcohol Treatment Guide](#)

Canadian Centre on Substance Use & Addiction; Online Resources of support for people with substance use disorders and virtual addiction counselling.

[CAMH ADDICTION](#) Addiction and Substance Information (Mental Health and Addiction Index)

[RAAM \(Rapid Access Addiction Medicine\)](#) Halton & Mississauga Rapid Access Addiction Medicine (RAAM) Clinic is an outpatient addiction medicine clinic that provides expert assessment, brief counseling, and medication-assisted treatment for a variety of substance use disorders including opioids, alcohol, stimulants, cannabis, smoking cessation and benzodiazepine tapering guidance.

## **INDIVIDUAL THERAPY AND SELF-DIRECTED SUPPORTS AND RESOURCES**

[Big White Wall](#) Available 24/7/365 (age 16 +) free online mental health support in a safe, anonymous community supported by clinically trained 'Wall Guides', self-guided courses, self-improvement tools and resources.

[BounceBack Ontario](#) 1-866-345-0224 A free skill-building program managed by the Canadian Mental Health Association (CMHA) 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.

[Wellness Together Canada](#): Mental Health and Substance Use Support Web Portal Provides tools and resources to help Canadians get back on track during COVID-19. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues. More specifically: wellness self-assessment and tracking: self guided courses, apps, and other resources; group coaching and community of support; counselling by text or phone.

[CMHA](#) (CANADIAN MENTAL HEALTH ASSOCIATION)

Resources and suggestions to help support your mental health at this time of uncertainty.

[CMHA Halton](#) Free Call-In Counselling Available During the COVID-19 Pandemic

[YOUR LOCAL CMHA](#) \*Link to the CMHA location closest to you.

[CAMH COVID-19 Pandemic](#) This site is designed to provide information and suggestions about how best to cope in this difficult time.

[Anxiety Canada](#) Coping with COVID-19, anxiety resources. Information to help adults, youth and children to manage anxiety plus info and self-help strategies for several disorders.

## CHILDREN AND ADOLESCENTS

[R.O.C.K.](#) (REACH OUT CENTRE FOR KIDS) Lead agency for the child and mental health sector in Halton

Provides COVID-19 resources family guide and resources kit.

[AboutKidsHealth \(The Hospital for Sick Children\)](#) This hub includes resources on COVID-19 and how to help you cope. There are resources on how to support your child's mental health and general wellbeing through physical activity, sleep, nutrition and learning. Also included are videos and audio meditations to help you cope with stressful thoughts and experiences that occur throughout your day.

[School Mental Health Ontario](#) School Mental Health Ontario has some tips and resources to help to support student mental health during the COVID-19 pandemic; including portals for parents and families and students.

[CADDRA COVID-19 Resources](#) (Canadian ADHD Resource Alliance) Information and resources to assist patients and caregivers to alleviate some of the anxiety and fears they may experience during COVID-19.

## Work and Mental Health

### [Workplace Strategies for Mental Health](#)

This is an initiative of Canada Life. Resources include: psychological health and safety; managing workplace issues; employee resources; job-specific strategies; and free training and tools.

## APPS

[MindShift CBT](#) uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

[Calm](#) introduces the basics of mindfulness meditation, offering a free version.

[Headspace](#) teaches you how to meditate. It is offering some free meditations you can listen to anytime, part of a larger collection called Weathering the Storm; includes meditations, sleep and movement exercises.