

Mental Health and Well Being: Resources for Psychosocial Support during the COVID-19 Pandemic

Mental health and well being is essential. To maintain the safety of the health-care workers and their families during this crisis, a list of recommended resources has been compiled to support you.

**If you are in crisis, please call your local distress line: <http://www.dcontario.org/centres.html>
If you are facing a mental health emergency please call 911**

Description	Resource(s)
Clinical services to support health care providers experiencing distress	<p>Support and Help Lines</p> <ul style="list-style-type: none"> • Ontario COVID-19 Mental Health Network • ConnexOntario: Fully operational and are available via telephone, chat and email 24/7 to provide accurate and up-to-date addiction, mental health and problem gambling information to Ontarians • Canadian Mental Health Association: Mental Health Helpline at 1-866-531-2600 • Big White Wall • Bell Let's Talk • Women's helpline • If you are working and have an Employee Assistance Program (EAP), you can access it.
These sites provide information and suggestions about how best to cope with stress and anxiety	<p>The Centre for Addiction and Mental Health (CAMH)</p> <ul style="list-style-type: none"> • CAMH COVID-19 main page • Coping with Stress and Anxiety for Health Care Workers • Dealing with Quarantine and Isolation
Online resources for Ontario long-term care (LTC) home leaders and team members during the COVID-19 pandemic	<p>Homewood resources posted in CLRI: Mental Health Supports for LTC</p> <ul style="list-style-type: none"> ○ Includes a self-directed cognitive behavioural therapy program for anxiety and depression ○ Health and wellness library ○ Helpful articles ○ 20+ e-courses for stress and anxiety ○ Other resources to support the health and well-being of those who work in LTC
For nurses registered with the CNO who have substance use and/or mental health disorders	<p>Nurses Health Program</p> <ul style="list-style-type: none"> • A voluntary, bilingual and confidential program • Includes specialized programs for health-care professionals • Includes customized treatment plans support you to practice or return to practice nursing safely
For medical students, residents, physicians in Ontario who are experiencing distress, mental health or substance use issues	<p>Ontario Medical Association, Physician Health Program (PHP): PHP Confidential toll free line: 1-800-851-6606 or email php@oma.org</p>
Support for mental health and well being: • Links to resources to manage anxiety and stress	<p>Canadian Mental Health Association (CMHA)</p> <ul style="list-style-type: none"> • Mental Health and Well Being during COVID-19 • Tips to Respond to Employee Anxiety • Bounce Back Ontario <ul style="list-style-type: none"> ○ Free skill-building program managed by the 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 ○ Access to tools that will support you on your path to mental wellness <p style="background-color: #00a0c0; color: white; padding: 2px;">• Mental Health Commission of Canada</p>

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<ul style="list-style-type: none"> Self-care strategies 	<p>Mental Health First Aid COVID-19 Self-Care & Resilience Guide</p> <ul style="list-style-type: none"> The Working Mind COVID-19 Self-care & Resilience Guide as a good Mental Health Continuum Self-Assessment <p>World Health Organization (WHO)</p> <ul style="list-style-type: none"> Mental Health and Psychosocial Considerations Physical Activity in Quarantine - general information <ul style="list-style-type: none"> ECHO Coping with COVID - Coping with COVID 19 for Hospital-Based Healthcare Providers and Residents - Designed for Hospital-Based Healthcare Providers and Residents responding to the COVID-19 pandemic
<p>Counseling and support groups for individuals who use substances</p>	<ul style="list-style-type: none"> Connect with your family doctor Counseling options: www.connexontario.ca/addictions-mental-health-services-search Online support group: www.smartrecovery.org/community Online support group: aa-intergroup.org/directory.php
<p>Resources to support children and families</p>	<p>Centre for Addiction and Mental Health</p> <ul style="list-style-type: none"> Talking to Children about COVID-19 and its Impact <p>World Health Organization (WHO)</p> <ul style="list-style-type: none"> Helping children cope with stress during the 2019-nCoV outbreak Parenting in the time of COVID-19 <p>Ontario Ministry of Health: Ontario.ca</p> <ul style="list-style-type: none"> Children and youth under 18 can locate mental health services through: <ul style="list-style-type: none"> Kids Help Phone website Kids Help Phone -1- 800-668-6868 help line 24/7 support Good2Talk help line 24/7 support Secondary students: Good2Talk - free, confidential mental health support service providing professional counseling and information and referrals for mental health, addictions and well-being to postsecondary students in Ontario, 24/7/365 <p>Mental Health Commission of Canada</p> <ul style="list-style-type: none"> Talking to children about COVID-19 Tip sheet Tips on talking to someone in crisis during COVID-19: Excellent two page tip sheet