

Virtual Mental Health Resources

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	INFORMATION	CONTACT
EDUCATIONAL TOOLS & RESOURCES		
Anxiety and Depression Association of America	Broad range of free resources including webinars, podcasts, blogs, support communities, and more.	https://adaa.org/adaa-online-support-group
Big White Wall	Online mental health support – register to access resources. Free for post-secondary students in Ontario only.	www.bigwhitewall.com
BounceBack	Tip sheet for reducing anxiety, stress, worry related to COVID-19	https://bouncebackontario.ca/wp-content/uploads/2020/04/BounceBack-Tip-Sheet-Covid19-EN.pdf
Moodgym	Self-help program that helps prevent and manage symptoms of depression and anxiety	https://moodgym.com.au/
Mindfulness Initiative	Free mindfulness resources	https://themindfulnessinitiative.org/covid19-mindfulness-for-staying-at-home-after
Mindshift App	A free phone application for evidence-based mental health relief	https://anxietycanada.com/resources/mindshift-cbt/
PsychologyTools	Support The Workers – training and curriculum for staff providing psychosocial support to frontline workers Trauma Response Working Group – advice for hospital staff during COVID pandemic Handout and Tools	
Tolerance for Uncertainty: COVID-19 Workbook	A guide to accept your feelings, tolerate distress, and thrive offered through Bay Psychology	https://baypsychology.ca/workshops
Wellness Together Canada	Online resources for mental health and substance use – mindfulness education and tools, mental health education resources, substance use support resources	https://ca.portal.gs/ *sign-up required *self-assessment required (online tool)

ONLINE SUPPORT GROUPS

Better Living Center	Virtual Peer Support Group for Seniors 55+	www.mybetterliving.ca/community-centre/virtual-program 416-447-7244 ext. 622
Depression and Bipolar Support Alliance	Support groups that provide people living with bipolar disorder a place to share experiences, discuss coping skills and offer help to one another	https://dbsalliance.org/support/chapters-and-support-groups/online-support-groups/
Gerstein Crisis Centre	10 week Wellness Recovery Groups, Gerstein Center has a number of wellness programs and groups offered on their website	www.gersteincentre.org/stay-connected
Heart House Hospice	<p><u>Bereavement Support Groups:</u> Adult Grief Support – 1:1 counselling, volunteer support, 8-week closed support group</p> <p><u>Help Us Understand Grief (HUUG):</u> 1:1 grief counselling for children and youth, parent consultations, education workshops</p> <p><u>Education Workshops:</u> general interest, grief 101</p> <p><u>Health and Wellness:</u> Complementary therapies, nutrition programs, meditation, vibrational sound healing</p>	855 Matheson Blvd. East, Unit #1 <u>Contact</u> Info & Program Access: 905-712-8119 HUUG Counsellor: ext. 246 (Kimberly) HUUG Counsellor: ext. 299 (Allison) Bereavement Counsellor: ext. 247 (Alexandra) Coordinator of Bereavement & Spiritual Care: Ext. 232 (Peggy Moore)
Hope+Me	Virtual Peer Support Groups for: General Peer Support Depression & Anxiety Family Members & Supporters Youth and Youth Adult LGBTQ+ Women OCD Bipolar Early Psychosis Intervention Family Forum Recover Focused Webinar Series	TIPS Warm Line: Mon-Fri (9:30-5pm) 1-888-363-6663 Contact QV at quangvum@mooddisorders.ca Schedule Appointment with Hope+Me - Mood Disorders Association of Ontario (acuityscheduling.com)

Progress Place	Virtual Clubhouse: wellness and social groups via Zoom	www.progressplace.org/virtual.html 416-323-0223 Mon-Fri: 8am-5pm
Talk 2 NICE	Free check-in service specializing in care of elderly and disabled community members	http://www.nicenet.ca/talk2nice (online referral) 1-844-529-7292
Turn2Me	Support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and more	https://turn2me.org/group-supports

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.