

Mental Health Services/Resources

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety due to the COVID-19 Pandemic, please access the following organizations/resources:

Organization	Contact Information
<u>211 Ontario</u>	Information and referral to mental health resources across Ontario <ul style="list-style-type: none"> • Call 2-1-1 Toll-free: 1-877-330-3213 • Live web chat Email
<u>Big White Wall</u>	Online service for those with anxiety, depression, and other mental health issues
<u>Canada Suicide Prevention Service</u>	Toll free: 1-833-456-4566 Text 45645 (4pm-midnight Eastern Time)
<u>Canadian Mental Health Association</u>	Non-profit organization committed to making mental health possible for all
<u>Children's Mental Health Ontario</u>	Ontario's publicly funded Child and Youth Mental Health Centres
<u>ConnexOntario</u>	Toll free: 1-866-531-2600 Email Chat Mobile App Download Mind your Mind – online tools and apps to support youth mental health
<u>Distress & Crisis Ontario</u>	Find distress and crisis support in your region
<u>Gov't of ON - Mental Health Support</u>	Mental Health Helpline <ul style="list-style-type: none"> • Toll-free: 1-866-531-2600 • Live web chat Email Young Adult (17-25) - Good2Talk <ul style="list-style-type: none"> • Toll-free: 1-866-925-5454 • Email
<u>Ontario Psychotherapy & Counselling Program (OPC)</u>	Low-cost therapy from registered psychotherapists; online/phone therapy
<u>Telehealth Ontario</u>	Free medical advice Toll free: 1-866-797-0000
<u>Youth Mental Health Canada</u>	Youth (all ages) mental health resources

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Resources
<ul style="list-style-type: none"> • Anxiety Canada: Self-management strategies like mindfulness, yoga, meditation, art, or exercise to manage anxious thoughts • Calm your Anxious Mind COVID-19 • Coping with Suicidal Thoughts • Crisis & Trauma Resource Institute: Free resources – webinars, articles, YouTube etc. • Dealing with COVID-19 Anxiety – How to Stay Calm • Feeling anxious about the coronavirus? Experts offer tips to quell pandemic panic • Psychological First Aid – Guide for Field Workers • Talking to your Anxious Child About COVID-19 • Tips to Manage Mental Health during COVID-19
<p>Helping Young Children</p> <ul style="list-style-type: none"> • How to Talk to Your Kids About Coronavirus, PBS Kids • Talking to your anxious child about COVID-19, CMHO • Covibook: Supporting and reassuring children around the world (in multiple languages), Mindheart • How to Talk to Kids and Teens About the Coronavirus, Psychology Today • How can we talk to kids about COVID-19? Be “realistically reassuring”, Canadian Paediatric Society
<p>Resources for Teenagers and Youth</p> <ul style="list-style-type: none"> • Resources around me, Kids Help Phone • How can I cope with my feelings about the future?, Kids Help Phone • Tips on how to manage your mental health during COVID-19, Canadian Mental Health Association