

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm
call (416) 595-9618 to connect to a counsellor <https://familyservicetoronto.org/>

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

Unsafe at Home (based in Ottawa) | Free text + chat service for women & LGBTQ2S+ communities who may be living through domestic violence at home during COVID-19 | Emotional support, practical advice and referrals | 7 days a week, 8:30am-midnight | <https://unsafeathomeottawa.ca>

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology
<https://www.baypsychology.ca/workshops> download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera |
<https://tinyurl.com/yad89897>

Mental Health and the COVID-19 Pandemic Resource Guide (CAMH) | This site is designed to provide information and suggestions about how best to cope during the pandemic | <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

My Grief | 9 modules designed to aid in understanding and working through grief | www.mygrief.ca

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults | www.whatsyourgrief.com

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

Mind Control: Managing Your Mental Health During COVID-19 | Free enrollment in a University of Toronto online course (approx. 3 hours to complete) <https://www.coursera.org/learn/manage-health-covid-19?>

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)
<https://www.coursera.org/learn/the-science-of-well-being>

Coping with COVID: The Compassionate Mind webinar (1.5 hours) by Dr. Yotam Heineberg
<https://concept.paloaltou.edu/coping-with-covid-the-compassionate-mind/>

Acceptance & Commitment Therapy (ACT) FACE COVID video | How to respond effectively to COVID-19
<https://www.youtube.com/watch?v=BmvNCdpHUYM>

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Dan Harris' 10% Happier Coronavirus Sanity Guide | <https://www.tenpercent.com/coronavirussanityguide>

Self-Compassion with Dr. Kristin Neff | <https://self-compassion.org/>

Centre for Mindfulness Studies' COVID-19 Pandemic: Mental Health Toolkit for Challenging Times | Articles, guided meditations and videos | https://www.mindfulnessstudies.com/mindfulness_resources_during_covid19/

Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions | <https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>

Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations | <https://soundcloud.com/jack-kornfield>

Rick Hanson's Being Well Podcast | Episodes focused on meditation, neuroscience | <https://www.rickhanson.net/being-well-podcast/>
<https://www.rickhanson.net/being-resilient-during-coronavirus/>

Tara Brach's Pandemic Care Resources | Guided meditations and talks that help foster self-compassion, openheartedness and an inner refuge | <https://www.tarabrach.com/pandemic/>

Insight Timer | Free meditation app for stress, anxiety, sleep, etc. | <https://insighttimer.com/>

Othership | Breathwork app | <https://www.othership.us/app>

Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience
<https://tryhealthyminds.org/#program>

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY | APPS

Bounce Back | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages
<https://bouncebackontario.ca>

Mind Beacon | Fee for Service digital therapy that is personalized and guided by a registered mental health professional
<https://www.mindbeacon.com/>

AbilitiCBT by Morneau Shepell | Digital therapy that is self-directed with monitoring from a therapist
<https://ontario.abilitictb.com/home>

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS

Togetherall (formerly Big White Wall) | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings | <https://togetherall.com/en-ca/>

CAMH online peer-to-peer discussion forum | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 9am-5pm; outside of these hours, you can still view the discussions, but not be able to post or respond to a thread | <https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT

Nike Training Club | More than 185 free workouts for all skill levels
<https://apps.apple.com/us/app/nike-training-club/id301521403>

Yoga – Free Videos from Lululemon <https://shop.lululemon.com/story/yoga-videos>

Yoga with Adriene | Variety of yoga videos, including relaxation, meditation, restorative
<https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools <https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French) <https://sleeponitcanada.ca/>

Audible | a collection of free audio experiences to help aid relaxation and sleep
<https://www.audible.ca/ep/sleep>

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

GOOD NEWS

Good News Network – positive news stories from around the world.
<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories
https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug