

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 / FRIENDLY VISITING

Toronto Seniors Helpline | Information and tele counselling for seniors | 416-217-2077 | <https://torontoseniorshelpline.ca>

Talk 2 NICE | Tele outreach & brief counselling services from National Initiative for the Care of the Elderly | 1-844-529-7292 | [www.nicenet.ca/talk2nice](http://www.nicenet.ca/talk2nice)

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/>

Warm Line | Chat online, text or phone with a peer support worker | Between 12pm-8pm call 416-323-3721 | Between 8pm – midnight call 416-960-9276 | Text 647-557-5882 | <http://www.warmline.ca/>

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

Student-Senior Isolation Prevention Partnership (SSIPP) | Get matched with a student in a health care profession and receive telephone calls once a week, get help connecting to community resources and help with using video-calling technology | email [ssippvolunteer@gmail.com](mailto:ssippvolunteer@gmail.com) to self-refer

Social Friendly Calls | A regular phone call can make a big difference to feeling connected to other | Trained staff and volunteers can provide companionship through weekly friendly phone calls to older adults | Contact Brenda Mutch to register | 416-645-6000 ext. 5273 or email [bmutch@woodgreen.org](mailto:bmutch@woodgreen.org)

Friendly Neighbour Hotline | Low-income seniors can connect to network of volunteers who can help with picking up groceries & household essentials | 1-855-581-9580 | <http://uhnopenlab.ca/project/hotline/>

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

## MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF / ADVANCE CARE PLANNING

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>

Virtual Bereavement Support Group (Zoom) | Get support with the unique challenges of mourning during COVID | No fee - To register or for more information call Charlotte at 416-635-2900 ext. 271 or email [ckoven@circleofcare.com](mailto:ckoven@circleofcare.com)

My Grief | 9 modules designed to aid in understanding and working through grief | [www.mygrief.ca](http://www.mygrief.ca)

## MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF / ADVANCE CARE PLANNING CONT'D

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults | [www.whatsyourgrief.com](http://www.whatsyourgrief.com)

Advance Care Planning | Interactive tools and workbook for advance care planning |  
<https://www.advancecareplanning.ca/>

The Conversation Project | A useful tool to help start the conversation with loved ones about end-of-life care plans and wishes | <https://theconversationproject.org/starter-kits/>

Dying with Dignity | Online kit for making an Advance Care Plan |  
[https://www.dyingwithdignity.ca/download\\_your\\_advance\\_care\\_planning\\_kit](https://www.dyingwithdignity.ca/download_your_advance_care_planning_kit)

## 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.paloalto.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/](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/>

## MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS CONT'D

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/>

Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in the 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 iCBT 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.abiliticbt.com/home>

## MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS

Seniors Weekly Group Chat | No fee weekly discussion group for anyone aged 55+ and offered by Seniors & Caregivers Support Service Counsellors at Family Service Toronto | 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month 3:00pm-4:30pm Offered via Zoom or phone | 416-595-9618 or email: [sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)

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

Dancing with Parkinson's | Free live dance classes through Zoom, seven days a week for all seniors | <https://www.dancingwithparkinsons.com/online-class-registration>

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

Yoga with Adriene | Variety of yoga videos for all abilities, including chair yoga, relaxation & meditation  
<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>

Bernard Betel Centre | Online programming via Zoom and on Facebook Live | Free for members (yearly membership is \$57) | Programming includes cooking club, creative writing, mediation/mindfulness, art appreciation, various language conversation club | Some programs require registration while others do not  
Visit <https://betelcentre.org/2020/03/23/virtual-programming/> or the Centre's Facebook page for more information

## 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\\_y6KKvS3Pd1fb9q9pGug](https://www.youtube.com/channel/UCOe_y6KKvS3Pd1fb9q9pGug)