# Mental health resources during COVID19/ Coronavirus

***(some Toronto/GTA-based)***

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| *If you’re experiencing a mental health crisis right now, please go to the very bottom of this doc* |

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## Information/Articles

* [Take Care | Care for Your Coronavirus Anxiety](https://www.virusanxiety.com/take-care)
* [Keeping Your Distance to Stay Safe](https://www.apa.org/practice/programs/dmhi/research-information/social-distancing)
* [Coronavirus and your wellbeing](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing#collapse868b4)
* [Coronavirus: How to protect your mental health](https://www.bbc.com/news/health-51873799)
* [Mental Health and Coping During COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)
* [Working Remote and Feeling Connected During COVID-19](https://www.shiftcollab.com/blog/working-remote-and-feeling-connected)
* [How to Stay Emotionally Healthy During the Coronavirus Outbreak](https://www.psychologytoday.com/ca/blog/hope-resilience/202003/how-stay-emotionally-healthy-during-the-coronavirus-outbreak)
* [Taking care of your mental health during COVID-19](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/)
* [COVID-19 & Your Mental Health - Resources](https://peak-resilience.com/blog/2020/3/15/covid-19-amp-your-mental-health-a-comprehensive-resource-guide?fbclid=IwAR3j8RJ_qF9dn9ZJEU19K2CZ7yZgDcNwbl2fuKxR6ez8gIPG_792cZLtTsc) (some Vancouver-specific resources)
* [Mental Health and the COVID-19 via CAMH (Centre for Addiction and Mental Health](http://www.camh.ca/covid19))
* [Managing Stress In This Anxious Time](https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf)
* [Tackling COVID-19 Anxiety](https://laurabloom.ca/blog/tackling-covid-19-coronavirus-anxiety)
* [5 Ways to Manage Financial Anxiety](https://www.shiftcollab.com/blog/5-ways-to-manage-financial-anxiety)
* [The Key To Great Video Therapy](https://www.shiftcollab.com/blog/key-to-great-video-therapy)
* [Who’s in Your Big 5? Let’s Chat Support Networks!](https://www.shiftcollab.com/blog/whos-in-your-big-5)
* [Managing the COVID-19 Pandemic Panic](https://www.shiftcollab.com/blog/managing-the-covid-19-pandemic-panic)
* [Pain in the Neck? Good Ergonomics & Working From Home](https://www.shiftcollab.com/blog/working-from-home-ergonomics)
* [The Emotional Hangover: What Can Happen After Your First Session with a New Therapist](https://www.shiftcollab.com/blog/the-emotional-hangover)

## Supporting Each Other/Community

* [Be There - Mental Health Support](https://bethere.org/) - How to support those around you
* [MDAO Forum](https://mooddisorders.ca/forum/) - Forum to chat with others for support
* [Huddle](https://www.huddle.care/covid/) - Free video-based peer support groups around COVID-19, starts March 23
* [Toronto Trauma Peer Support Network](https://www.facebook.com/groups/183711662902821/) - Facebook group to share resources, and get digital support for PTSD & complex PTSD
* [Re:Tell](https://realcampus.ca/share/) a story sharing platform by [Real Campus](https://realcampus.ca/).

## Mindfulness & Meditation

* [Headspace](https://www.headspace.com/) is offering **free** meditations for COVID19
* [Balance](https://t.co/HcDhl5kgwk?amp=1) - (*iOS*) This month, they’re offering a completely **free** one-year subscription to Balance to anyone who wants it. Email access@balanceapp.com for instructions
* [Prana Breath](https://play.google.com/store/apps/details?id=com.abdula.pranabreath&hl=en_CA) (*Android*) - **free** app for guided breathing Send to: access@balanceapp.com
* [Calm.com](https://www.calm.com/blog/take-a-deep-breath) is offering **free** meditations
* [Insight timer](https://insighttimer.com/) - app for meditations with lots of great **free** meditations
* [Sue Hutton Mindfulness](https://www.facebook.com/events/505752396775831/) - Free online mindfulness events amidst COVID19 - every Friday 7-8PM (EST) via Zoom (*link goes to Facebook event page for more details*)

## Exercise Apps

* [Downdog](https://www.downdogapp.com/) is offering all of their apps for **free** until April 1 (Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout)
* [Lululemon](https://shop.lululemon.com/story/yoga-videos) is offering yoga and meditation videos, **free**
* [Peloton Digital](https://www.onepeloton.com/app) are now offering a 90 day free trial of their app
* [Wollendance](http://wollendance.com) Cardio dance fitness class live & on-demand, offer 14-days free trial
* [8fit](https://8fit.com/wua/get-healthy-with-8fit/?utm_source=Adwords&utm_medium=CPC&campaignid=8511081356&adgroupid=87442091238&utm_campaign=search_web_desktop_en_us_brand&utm_adgroup=8fit_ex&utm_account=8fit) offers quick home workouts
* [Wakeout](https://wakeout.co/) has fun 30s stretching & relaxation exercises, offers 7-days free trial
* [Nike Training Club](https://www.nike.com/ca/ntc-app) app is completely **free** and has amazing guided workouts
* [Daily Burn](https://lp.dailyburn.com/workoutathome/index.html) is offering 2 months free of their online workout classes
* [Doyogawithme](https://www.doyogawithme.com/?fbclid=IwAR1RkStyFBofUgFeaJ64y0n3eYMbatIyP6aZ8Qy_eragYBwMoOYzvQzs6yE) offers **free** yoga classes for all different levels
* [Modo Yoga](https://app.namastream.com/#/modo-yoga/product/5780/recordings) is offering **free** yoga and meditation videos for 30 days

## Online Learning

* [The Science of Well-Being](https://www.coursera.org/learn/the-science-of-well-being) **free** 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness
* [Crescendo’s](https://crescendowork.com/diversity-inclusion-remote-teams) D&I Learning Platform is **free** for 6 weeks with learning tracks about: Connecting Pandemics & Xenophobia, COVID-19 & Socio-Economic Status, and Inclusive Remote Work
* [Edx](https://www.edx.org/schools-partners) - **Free** online courses from top universities

## Staying Creative

* Art Gallery of Ontario (AGO) <https://ago.ca/collection/browse>
* [12 Famous Museums offer virtual tours online](https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3f-M2KggcKWjE6nLyC1-FDJDURLf2Mgj74qImaXLwMQXf_lFNRwZ9XlYk)
* [Brit+Co](http://brit.co/learn) is offering all of their creative online classes for **free** for the next two weeks - use discount code SELFCARE at checkout
* [Vault Zine](https://www.vaultzine.com/) is offering one **free** story with code TAKECARE at checkout
* [Oh You Pretty Things](https://www.ohyouprettythings.com/free) - Filmmaker Gary Hustwit is streaming his documentaries free worldwide during the global COVID crisis
* [Scribd](https://www.scribd.com/subscribe-now?utm_medium=cpc&utm_source=adwords_brand&utm_campaign=Google_Search_Alpha_Brand_Canada&utm_term=scribd&utm_device=c&gclid=CjwKCAjwsMzzBRACEiwAx4lLG2gKlg7SJJrGNdDciOO6o-Y6_-ISW-aGmYIfYG7VEDGooFuME4pTYRoCNIAQAvD_BwE) is offering **free** book downloads for first 30 days of subscription
* [Scribe](https://scribewriting.com/bookschool/?fbclid=IwAR3Mbekz6jjgILlIVxUfZBXZJsDobR12N9K7wWh6rYYvxBrPx6HdexVQIPI) is offering a free book writing course

## Social Services

* [Ontario 211 | Community and Social Services Help Line](https://211ontario.ca/) - Find programs and services within your community - call ahead in case they are closed (Ontario-based)
* [UHN Friendly Neighbour Hotline](http://uhnopenlab.ca/project/hotline/?fbclid=IwAR35AKVkVyp0bocWcUmJDwruiNDbYTGJMf5cotMqFdFS5Go_dt0Yj_xHMik) 9-5 monday to friday; volunteers to deliver meds/groceries/essentials to low-income seniors in need;

## Misc

* [Creeds](https://www.creeds.com/about-us) is offering **free** pick up and delivery for Laundry and Dry Cleaning for those in self-isolation. Call 416 923 2500 to arrange
* [99Strong](https://www.instagram.com/99strongstreet/) Is offering **free** online physiotherapy consultations for aches and pains.
* [Flying Books](https://www.flyingbooks.ca/shop) offering free shipping for books with the promo code AIRDROP within Toronto (buy 3 books and get a tote)
* [Ocean Voyager](https://www.georgiaaquarium.org/webcam/ocean-voyager/) live views from the Georgia Aquarium

## Online talk therapy

* [Layla](https://www.layla.care/) - finds you a therapist matched to your needs, available for Ontario. Sessions in-person, online video, or phone. Free initial intake call
* [Greenspace Mental Health](https://www.greenspacehealth.ca/patients/matching/) - finds you a therapist matched to your needs, available for GTA. Sessions in person or online video (therapy fees apply)
* [Maple](http://www.getmaple.ca) offers psychotherapy on-demand via on the spot and bookable 30 and 50 minute sessions with via the secure app. On top of providing psychotherapy nationally, Maple is currently offering OHIP funded COVID-19 testing as well as their regular on-going support for additional health challenges (ie: UTI, birth control refill, strep throat, etc.).
* [Talkspace](https://www.talkspace.com/) is offering $100 off their plans
* [BetterHelp](https://www.betterhelp.com/) offers $40 to $70 weekly plans (can also be via text or chat - not just video call) - US-based, but clients can be from anywhere
* [Inkblot](https://inkblottherapy.com/) virtual therapy sessions
* [Shift Collab](https://www.shiftcollab.com/), in-person and online options. Sliding scale options. Free initial consult call. I use them personally and love the service.
* [Real Campus Student Assistance Program](http://www.realcampus.ca) (run by Shift Collab). If you are a University or College student at eligible campuses you have access to FREE therapy sessions with a Real Campus therapist. Visit the website for eligibility [here](https://realcampus.ca/campuses/).
* [Balanced Mind and Wellness Inc.](https://balancedmindandwellness.janeapp.com), phone and secure video counselling in GTA. Psychotherapy & Naturopathic Services.
* [Affordable Therapy Network](https://www.affordabletherapytoronto.com/online-therapists.html) - offering reduced rates, low-cost, sliding scale online therapy options
* [Pathway-Therapy](http://www.pathway-therapy.com), in-person and online options. Currently offering sliding-scales to support a wider range of people during the COVID-19 pandemic.
* [Open Path Collective](https://openpathcollective.org/) - offering sliding scale individual ($30-$60) and couples and families ($30-$80) therapy options
* [New Creations Counseling](http://www.newcreationscounseling.net/) - offers online therapy for individuals and couples
* [Big White Wall](https://www.bigwhitewall.com/?lang=en-ca&from=ca/) - is a **free**, online mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365
* [Good2Talk](https://good2talk.ca/) - Good2Talk provides confidential support services for **post-secondary students** in Ontario and Nova Scotia. This hotline is also **free**.

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| Crisis lines* [Crisis Text Line](https://www.crisistextline.org/) is free and available 24/7
	+ Canadians text “686868”
* [Toronto Distress Centre](https://www.torontodistresscentre.com/408-help-line)
	+ GTA: 416-408-4357 (HELP)
		- Emotional support service for those with chronic mental health problems; Support & crisis intervention services for those currently experiencing distress or in crisis; Family violence response; Suicide prevention services; Emergency intervention and response
* [Kids Help Phone](https://kidshelpphone.ca/) - text, phone, chat and other forms of support for **young people**, 24/7 and in English and French
	+ 1-800-668-6868
* [Assaulted Women’s Helpline](http://www.awhl.org/), free at 1-866-863-0511 or TTY 1-866-863-7868
	+ #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile
* [National Aboriginal Circle Against Family Violence](http://54.186.211.6/shelters/)
* Senior Safety Line - 1-866-299-1011 (toll-free)
* [The Gerstein Centre](http://www.gersteincentre.org/) (non-medical mental health crisis supports): 416-929-5200
* [Lists of Toronto and GTA-based crisis and suicide lines](https://www.toronto.ca/311/knowledgebase/kb/docs/articles/311-toronto/information-and-business-development/crisis-lines-suicide-depression-telephone-support-lines-non-crisis-mental-health-services.html)
* [GTA Crisis Resources](https://www.camh.ca/en/health-info/crisis-resources)
* Mental Health Crisis Line (Canada Wide): 1-888-893-8333
* [Canadian, US and, International mental health hotlines](https://mindyourmind.ca/help/where-call)

**If you’re in immediate danger, please call 911** |