

SELF-MANAGEMENT RESOURCES



Available resources for individuals living at home with chronic health conditions to access virtual resources and services for self-management, wellness, and mental health supports. Click on the underlined title to be directed to the resource link.

Due to COVID-19, services may be temporarily changed. Please call ahead before accessing services.

SELF-MANAGEMENT ONLINE:

Online Self-Management Program

Provincial online self-management support and resources.

DIABETES:

Diabetes Canada

Canadian provider of diabetes education, research, resources, and services.

PAIN MANAGEMENT:

Pain University Online

Free self-directed online modules to help manage chronic pain created by the Toronto Academic Pain Medicine Institute.

MENTAL HEALTH:

COVID-19 Mental Health and Well Being

Listing of resources and suggestions to help support mental health during this time of uncertainty.

Canadian Mental Health Association - Peel Dufferin Branch

24/7 crisis support

Local: 905-278-9036, Caledon & Dufferin: 1-888-811-2222

Canada Suicide Prevention Service - Crisis Services Canada

Available 24/7: Call 1-833-456-4566

Available 4pm - 12pm: Text 'Start' to 45645

MIND & BODY:

Virtual YMCA

While they have closed their physical locations, the Y's have created a virtual YMCA. Home workouts, health & wellness tips, stories, recipes, on demand videos, activities for children and more!

YMCA of Greater Toronto Area

Free Facebook Live videos for the whole family.