



FREE ONLINE MENTAL HEALTH RESOURCES

The resources and information provided within this document are intended to be for informational purposes only. While every reasonable effort has been made to ensure the accuracy of the information in each of the resources, there is no guarantee that the information is free from error or omission. The information is not meant to treat depression, anxiety, bipolar disorder or any other mental illness. The diagnosis and treatment of clinical depression, anxiety, bipolar disorder or any other mental health illnesses requires the attention of a physician or other qualified mental health professional. If you are seeking a diagnosis or treatment for mental health concerns you should consult a physician or other qualified mental health professional.

The resources provided in this document are NOT a substitute for proper diagnosis, treatment or provision of advice by an appropriate mental health professional.

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ONLINE SELF-DIRECTED PROGRAMS & WEBINARS

Self Guided Learning (Digital Mental Health Supports)

<https://ontario.abiliticbt.com/explore/allCategories>

Mind Control: Managing Your Mental Health During COVID-19

<https://www.coursera.org/learn/manage-health-covid-19>

Pandemic Care Resources (Free guided meditations and other resources)

<https://www.tarabrach.com/pandemic/>

Stress Management Program (Access Code: SHOPPERS)

<https://shoppers.silvercloudhealth.com/onboard/shoppers/>

Managing Stress & Anxiety from COVID-19

<https://info.starlingminds.com/covid19-free-mental-health>

Big White Wall Courses: Improve Your Sleep; Balance Your Thinking; Managing Anger; Coping with Grief & Loss; Managing Self-Harm; Managing Stress & Worry; Managing Health Anxiety; Managing Panic; Managing Depression & Low Mood; Cut Down Your Drinking; and MANY more

<https://www.bigwhitewall.com>

Find Calm and Nourish Resilience (Free access to Mindful Online Learning until June 30, 2020 – no credit card required for free trial)

<https://learning.mindful.org/p/daily-mindfulness-free>

Centre for Mindful Self-Compassion: Free Self-Compassion Meditation Sessions

<https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>



CMHA Ontario and Mental Health Works Webinars: 1. Health Anxiety; 2. Stress and Anxiety; 3. Isolation and Loneliness; and 4. Being Mindful at Work (from home!)

<https://www.afhto.ca/news-events/events/cmha-ontario-and-mental-health-works-webinars-response-covid-19-pandemic>

Coping with COVID-19

<https://www.anxietycanada.com/covid-19/>



WORKBOOKS/GUIDES

Coronavirus Anxiety Workbook

<https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

Tolerance for Uncertainty: A COVID-19 Workbook

<http://mncfn.ca/wp-content/uploads/2020/03/Tolerance-for-Uncertainty-COVID19-Workbook.pdf>

Mental Health First Aid: COVID-19 Self-Care & Resilience Guide

https://www.mhfa.ca/sites/default/files/mhfa_self-care-resilience-guide.pdf

ONLINE PEER SUPPORT

Peer-To-Peer Emotional Support, Help & Guidance (24/7, monitored by trained practitioners)

<https://www.bigwhitewall.com>

Anxiety Peer Support

<https://anxietypanicsupport.com/>

MindShift – Cognitive Behavioural Therapy based strategies to help you learn to relax and be mindful, develop more effective ways of thinking, and us active steps to take charge of your anxiety.

CELLPHONE APPS

Stop, Think & Breathe – An app that helps you find peace of mind anywhere. It allows you to check in with how you are feeling and recommends short activities and guided meditations tuned to those emotions.

Insight Timer – The largest free library of guided meditations on earth



TIPS RE: MENTAL HEALTH & COVID-19

Tips to Manage Mental Health During COVID-19

<https://ontario.cmha.ca/news/tips-to-manage-mental-health-during-covid-19/>

Tips for your #mentalhealth in the COVID-19 crisis

<https://mdsc.ca/tips-for-your-mentalhealth-in-the-covid-19-crisis/>

Talking to Children about COVID-19 and It's Impact

http://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf

Challenging Worries and Anxious Thoughts

http://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-pdf.pdf

Dealing with Problems in a Structured Way

http://www.camh.ca/-/media/files/camh_covid19_infosheet-dealing_with_problems-pdf.pdf

Mental Health and the COVID-19 Pandemic

<http://www.camh.ca/covid19>

Take Care of Your Mental Health

<https://www1.shoppersdrugmart.ca/en/health-and-pharmacy/covid-19-mental-health>

What to do if You're Anxious or Worried about Coronavirus (COVID-19)

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>



Resources for Children & Youth

The Story of the Oyster and the Butterfly: The Corona Virus and Me

<https://edu.princeedwardisland.ca/cardigan/wp-content/uploads/2020/04/Book-Oyster-Butterfly.pdf>

Caroline Conquers her Corona Fears

<https://alliedhealth.lsuhscc.edu/clinics/docs/CarolineConquersherCoronoaFears31820.pdf>

COVID-19 Youth Mental Health Resource Hub

<https://jack.org/covid>

Tips and Resources to Help Support Student Mental Health during the COVID-19 Pandemic

<https://smho-smso.ca/covid-19/>

12 Instant Stress Busters

<https://jack.org/getattachment/ef599e48-8822-4b91-8e7f-33348ad4358d/12-Busters-de-stress-instantane-Jeunesse-J-ecout.aspx>

Self-Care Checklist

<https://jack.org/getattachment/5e1972fb-708e-4b8e-9596-b739ffa767ed/Liste-de-controle-des-soins-personnels-Jeunesse.aspx>

Self-Care 101

<https://jack.org/getattachment/d3dba61e-f350-4752-8cc6-ffc89dc60383/Les-autosoins-pour-les-eleves-Sante-mentale-en-mi.aspx>

Reaching Out

<https://jack.org/getattachment/1b4e692d-dcb1-44bb-8bb6-293788a43787/Guide-La-recherche-d-aide-demander-de-l-aide-Sa.aspx>



Just for Kids: A Comic Exploring the New Coronavirus

https://www.mprnews.org/story/2020/02/28/npr-just-for-kids-a-comic-exploring-the-new-coronavirus?fbclid=IwAR2TCjWrfk7jefyX6rMPAoK0_1ugp0zvHkeJgtrIFeXKzHNUmv51heAfxsE

Helping Children Cope with Stress During the 2019-nCoV Outbreak

<https://adaa.org/sites/default/files/WHO%20Helping%20Children%20Cope%20with%20Coronavirus%20Stress%20PDF.pdf>

Coronavirus Outbreak: What Kids Can Do

<https://kidshealth.org/en/kids/coronavirus-kids.html?ref=search>

Talking to Kids about COVID-19

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

Anxiety in Children

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/>

Anxiety in Youth

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

How to Cope with Social Distancing During COVID-19

<https://kidshelpphone.ca/get-info/how-to-cope-with-social-distancing-during-covid-19/>

How to Cope with Anxiety and Panic

<https://kidshelpphone.ca/get-info/how-cope-panic-and-anxiety/>

Resources, Tips, Online Chat Support, Text Support and Phone Support

<https://kidshelpphone.ca/>



ONLINE & TELEPHONE COUNSELLING SUPPORT

Beacon Digital Therapy (Free for residents of Ontario)

https://info.mindbeacon.com/btn542?utm_campaign=CVD&utm_source=ongov&utm_medium=web&utm_content=en

Morneau Shepell AbilitiCBT (iCBT) (Free for residents of Ontario)

<https://ontario.abiliticbt.com/home>

WIRTH HATS Counselling Program - #WIRTHStayingIn Initiative (8 Free Counselling Sessions for individuals who are unable to afford counselling, limited spots available)

<https://wirthhats.com/counsellingprogram/>

BounceBack (Free skill building program managed by CMHA designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety; stress or worry – self directed with telephone coaching)

<https://bouncebackontario.ca/>

CMHA Peel Dufferin (Virtual Services including groups, telephone support, and if deemed urgent, a community visit to assist the individual)

<https://cmhapeeldufferin.ca/>

905-451-2123 or 1-877-451-2123

Catholic Family Services Peel Dufferin (Currently offering support services via telephone)

<https://cfspd.com/>

905-450-1608 ext. 112

Family Services of Peel (Currently offering support services via telephone)

<https://fspeel.org/>

905-453-5775



ADDICTION SUPPORTS & RESOURCES

Online Resources (12 Step Online Meetings, SMART Recovery, Peer Support Websites, etc.)

https://csam-smca.org/wp-content/uploads/2020/03/Online-Resources-of-support-for-people-with-substance-use-disorders.pdf?fbclid=IwAR04Jb6k2Wgmd8-Hj3K5FE7pNab_3PbLbgwsUBVb8lqR_ylrndz5tXSGsV8

12 Step Recovery Resources (Online Meetings, Resources and Guides)

https://12steplifestyle.com/pages/recovery-resources?fbclid=IwAR2yuovG_J-L9_xAAOJCRC4MEdnzGOy_-ZqpwFIK4Hvlxtthvx8Prusn4io

Peel Addiction Assessment and Referral Centre

(905) 629-1007

<https://www.paarc.com/>

Canadian Mental Health Association Peel Dufferin Branch

905-451-2123 or 1-877-451-2123

<https://cmhapeeldufferin.ca/>

ConnexOntario

1-866-531-2600

<https://www.connexontario.ca/>



CRISIS SUPPORT

24.7 Crisis Support Peel Dufferin

905-278-9036 or 1-888-811-2222 (Caledon and Dufferin)

Telehealth Ontario

1-888-797-0000

Mental Health Helpline

1-866-531-2600

ConnexOntario

1-866-531-2600

Kids Help Phone (Text, Phone, Online Chat, and Resources for Children and Youth 18 and Under)

<https://kidshelpphone.ca/> or 1-800-668-6868

Good2Talk (Confidential support services for post-secondary students in Ontario and Nova Scotia)

<https://good2talk.ca/> or 1-866-925-5454 or TEXT GOOD2TALKON to 686868

Hope for Wellness Helpline (24.7 Help Line and online chat offering immediate mental health counselling and crisis intervention to all Indigenous people across Canada)

<https://www.hopeforwellness.ca/> or 1-855-242-3310

Talk4Healing (24.7 Talk, text, chat for Indigenous women available in 14 languages all across Ontario)

<http://www.talk4healing.com/> or 1-855-554-4325

Peel Children's Centre 24.7 Crisis Support for Children, Youth and Families

<http://peelcc.org/en/services/family-crisis> or 416-410-8615



OTHER RESOURCES

211 Ontario – For information and referrals for community, government, social and health services, including mental health, addictions and problem gambling support

<https://211ontario.ca/> or 1-877-330-3213 (Live Web Chat is also available)

ConnexOntario – 24.7 mental health and addiction system navigation and information

<https://www.connexontario.ca/> or 1-866-531-2600 (Live Web Chat is also available)

Mental Health Commission of Canada – Choosing Sources of Information Carefully

<https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says>

Mental Health Commission of Canada – COVID-19 Resources

<https://www.mentalhealthcommission.ca/English/mhcc-covid-19-resources>

CAMH – Mental Health and the COVID-19 Pandemic

<http://www.camh.ca/covid19>

Mood Disorders Society of Canada

<https://mdsc.ca/>

CMHA – COVID-19: Mental Health and Well-Being

<https://cmha.ca/news/covid-19-and-mental-health>

Shoppers Drug Mart – Various tips, information, and resources

<https://www1.shoppersdrugmart.ca/en/home>

World Health Organization

<https://www.who.int/>



Government of Ontario – Information about COVID-19 and available resources for individuals, families, and businesses

<https://covid-19.ontario.ca/index.html>

Government of Canada – Information about COVID-19 and available resources for individuals, families, and businesses

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Anxiety Canada Downloadable Resources

<https://www.anxietycanada.com/free-downloadable-pdf-resources/>

Supporting Families During COVID-19

<https://childmind.org/coping-during-covid-19-resources-for-parents/>



GOOD NEWS RESOURCES

SomeGoodNews with John Krasinski

https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug/videos

Good News Network

<https://www.goodnewsnetwork.org/>