



MENTAL HEALTH SUPPORTS

JANUARY 2022

OPA understands that this is an exceptional time for members with incredible pressures to meet numerous personal, business, family and patient demands. The following resources have been curated to help members during this time.

1. The Ontario government increased access to counselling, therapy, created new programs to help manage stress, depression and anxiety and other challenges people are facing during COVID-19. [Find tools and resources](#) to support your mental health.
2. CMAH and the University of Toronto have developed a weekly program called ECHO Coping with COVID. Designed for health care professionals, it is a space for them to connect virtually and gain new skills, knowledge, and confidence in caring for themselves and their clients during COVID-19. [Learn more about the program](#).
3. CAMH has also developed many resources and toolkits around COVID-19 and mental health.
 - **CAMH mental health and Covid-19 response:** Provides access to mental health and addiction supports for health care workers who might be impacted by the covid-19 pandemic (e.g., resources, psychotherapy). [Access now](#).
 - **Return to workplace psychology toolkit:** Assists those struggling with anxiety and stress as they return to the physical workplace. [Access now](#).
4. [Bounce Back Ontario](#) has designed 10 tips focused on how to reduce anxiety, stress, and worry related to COVID-19. [Access the tip sheet](#).
5. [Breaking Free](#) online offers free access to addiction and substance use programs to help alleviate pressure on services and provide support to clients who can no longer access interventions. [Access the program](#).
6. [Canadian Psychology Association](#) has generated a list of psychologists and their contact information to provide psychological services (free of charge) for health care providers feeling overwhelmed and distressed. [Access psychological service](#).



7. [WellCan](#) offers free mental health digital resource for all Canadians. [Download the app for free.](#)
8. [Mind Beacon](#) offers free therapy guided program to Ontario residents during COVID-19. It's a skills-building approach to therapy.
9. [IG Vital Health Services](#) offers free mental health support in the form of therapy for newcomers to Canada and refugees.
10. [Crisis Services Canada](#) is a 24/7 national network of distress, crisis and suicide prevention line services. This service is available across Canada via toll-free phone, or text in English.
11. [The Ontario Caregiver Organization \(OCO\)](#) provides support to caregivers.

In addition, the CPO has put together a list of free mental health resources you can explore. These resources are available to you as a health care worker, to your patients, caregivers, and others. [View the full list.](#)

If none of the options above work for you [call 211](#) to find mental health support across Ontario.