

COVID-19 Resources

TABLE OF CONTENTS

COVID-19 HEALTH AND WELLNESS RESOURCES.....	2
FEDERAL COVID-19 RESOURCES.....	4
ONTARIO COVID-19 RESOURCES.....	5
MENTAL HEALTH SECTOR: COVID-19 VIRTUAL CARE RESOURCES.....	7
HEALTH SECTOR: COVID-19 RESOURCES.....	8
SOCIAL SERVICES SECTORS: COVID-19 RESOURCES.....	9
ONLINE RESOURCES FOR MENTAL HEALTH AND SOCIAL CONNECTION	10



COVID-19 HEALTH AND WELLNESS RESOURCES

General Mental Health Tips

In what may be a difficult time for many, the Canadian Mental Health Association (CMHA) is offering some basic tips to help people remain calm and balanced as this public health situation unfolds.

Tolerance for Uncertainty: A COVID-19 Workbook by Bay Psychology

A practical guide to accepting your feelings, tolerating distress, and thriving during the COVID-19 pandemic.

Un guide pratique pour accepter ses sentiments, tolérer la détresse et s'épanouir pendant la pandémie de COVID-19.

Mental Health Commission of Canada Managing Coronavirus Anxiety Video

Thirty-nine-second clip provides helpful tips to manage anxiety, including staying connected, getting news from reliable sources and showing compassion for others.

Mental Health Commission of Canada Resource Hub: Mental health and wellness during the COVID-19 pandemic

Information and resources about maintaining mental health during this time of crisis, and supporting people managing a mental illness in this context.

World Health Organization's Coping with Stress Tip Sheet

A document which may be helpful to share with staff and clients, featuring helpful reminders such as talk to family and friends to manage emotions and stress, maintain a healthy lifestyle, abstain from alcohol and drugs as coping mechanisms, seek reliable information and more.

World Health Organization's Mental Health Considerations During COVID-19 Outbreak

Mental health considerations were developed to support mental and psychological well-being for general population, health care workers, health care team leaders, caregivers and people in isolation during COVID-19 outbreak.

Centers for Disease Control and Prevention Tips to Manage Anxiety and Stress

Outlines symptoms of stress during an infectious disease outbreak, recommendations for individuals with pre-existing mental health conditions, advice for parents, responders and people released from quarantine, as well as additional resources.

Wellness Together Canada: Online resources available at <https://ca.portal.gs/>

Provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

Impacts of COVID-19 on Substance Use

Provides resources, news and information on the COVID-19 pandemic and substance use.



Canadian Mental
Health Association
Ontario

10 things you can do right now to reduce anxiety, stress, worry related to COVID-19

This tip sheet created by BounceBack Ontario discusses ten things individuals can do to reduce worry, anxiety and stress during the COVID-19 pandemic.

En français: 10 choses que vous pouvez faire dès maintenant pour réduire les inquiétudes, l'anxiété et le stress liés à la COVID-19



Canadian Mental
Health Association
Ontario

FEDERAL COVID-19 RESOURCES

[Health Canada COVID-19 Outbreak Update](#)

Latest updates, statistics, preparation tips, travel advice, symptoms and treatment information, and more.

[Health Canada FAQs](#)

Frequently-asked questions with answers related to COVID-19, including what the virus is, how it spreads, risks, symptoms and treatment, prevention tips, how to handle various travel scenarios, and actions being taken at borders and airports.

[Health Canada Self-monitoring, Self-isolation and Isolation Infographic](#)

Helps individuals understand the difference between self-monitoring, self-isolation and isolation, and when to do each and the steps to take in each situation.

[Wellness Together Canada: Online resources available at <https://ca.portal.gs/>](https://ca.portal.gs/)

Provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

[Government of Canada COVID-19 News Site](#)

Provides access to news articles on the COVID-19 pandemic in Canada.



ONTARIO COVID-19 RESOURCES

[Government of Ontario Website](#)

For up-to-date information on COVID-19 in Ontario.

[Ontario Ministry of Health Page](#)

Includes details of how provincial government is preparing for COVID-19; provides information on how to protect yourself, what to do if you're sick after you travel and how to recognize possible symptoms:

- The ministry has provided [guidance for screening for COVID-19](#), which may be helping in understanding how to screen for your various programs, such as housing:
 - [Guidance for Primary Care Providers in a Community Setting](#)
 - [Guidance for Acute Care](#)
 - [Guidance for Home and Community Care Providers](#)
 - [Guidance for Long-Term Care](#)
 - [COVID-19 Screening Checklist](#)
 - [Guidance for Paramedic Services](#)
 - [Guidance for Independent Health Facilities](#)
 - [Guidance for Laboratories](#)
 - [Guidance for Pharmacies](#)

Ministry of Health Signage

The following signage for patients and visitors has been created by the Ministry of Health to be used in health care settings:

Patients:

- [English](#)
- [French](#)
- [Chinese \(simplified\)](#)
- [Farsi](#)

Visitors:

- [English](#)
- [French](#)
- [Chinese \(simplified\)](#)
- [Farsi](#)

[COVID-19 Self-Assessment Tool](#)

To help determine how to seek further care.

[Ministry of Health COVID-19 Fact Sheet: Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic](#)

Provides resources and tips for maintaining mental health during the COVID-19 pandemic.

[Public Health Ontario COVID-19 Page](#)

Includes latest updates and information from a provincial scope, including the current status in Ontario, information for health care providers, and resources related to guidance and best practices, laboratory testing and research.

[Public Health Ontario Fact Sheet: How to Self-Isolate](#)

A helpful fact sheet on how to self-isolate effectively if you exhibit symptoms or believe you are at risk.

[Toronto Public Health COVID-19 Page](#)

Latest updates and information specific to Toronto, including current status, risk to residents, how to protect yourself, travel advice, diagnosis and testing, statements from Toronto's medical officer of health, Q&As and more.

[Toronto Public Health Notice](#)

If you have recently returned from travels outside the country and are feeling well, Toronto Public Health asks that you monitor for any symptoms and refrain from visiting with seniors and people with chronic health conditions for a 14-day period



MENTAL HEALTH SECTOR: COVID-19 VIRTUAL CARE RESOURCES

[College of Registered Psychotherapists of Ontario COVID-19 Page](#)

The college is providing regular updates on its website, with current posts on advice for registered psychotherapists, FAQs, implementing electronic practice, health care provider recruitment, and more.

[e-Mental Health Policies, Procedures and Guidance: Examples from Ontario Agencies](#)

The Ontario Centre of Excellence for Child and Youth Mental Health is sharing (with permission) examples of a draft policy/procedure for e-mental health services and guidance/considerations for e-mental health service delivery developed by two Ontario child and youth mental health lead agencies. These draft resources are shared as examples only.

[e-Mental Health Services for Children and Youth](#)

This document by the Ontario Centre of Excellence for Child and Youth Mental Health and Children's Mental Health Ontario provides resources on practice guidelines for the delivery of child and youth virtual mental health services.

[Guidelines for Uses of Technology in Counselling and Psychotherapy](#)

These Guidelines provide concrete suggestions for making the best use of technology while protecting our clients and ourselves. The aim is to support and affirm professional practice in our technology-saturated world by providing tools to be resilient practitioners.

[Virtual Community Mental Health and Addiction Services \(Adult, Child and Youth\): Interim Guidance to Community Mental Health Agencies](#)

Provides recommendations for the delivery of virtual care.

Services de santé mentale et de toxicomanie virtuels en milieu communautaire (adultes, enfants et jeunes) Guide provisoire à l'intention des organismes communautaires de santé mentale. En français :
https://mcusercontent.com/7a24954e07f983b5b85faba8b/files/2256b4e3-7157-402d-ae7d-128d2b17fc13/Interim_Guidance_CMH_Virtual_Care_2020_03_31_FINAL_FR.pdf

[Mental Health Video Visit Workflow](#)

This chart shows how to integrate video visits into existing workflow.

[Mental Health and Addictions Professional Sign-Up Preparations for Virtual Care with OTN](#)

Instructions for existing Telemental Health sites that are already OTN members wishing to onboard new users.



HEALTH SECTOR: COVID-19 RESOURCES

[Health Care Access Research and Developmental Disabilities COVID-19 Page](#)

A compilation of resources from around the world and information to support people with developmental disabilities and their families during this time.

[Information and Privacy Commissioner of Ontario Electronic Communication of Personal Health Information slide deck](#)

Provides details on protecting privacy when communicating electronically, safeguards for communicating personal health information by email, and reducing risk of unauthorized access.

[LHIN COVID-19 Programmatic Impact SBAR template](#)

A form for organizations to outline to LHIN how COVID-19 will impact programs (situation, background, assessment, recommendation and potential impacts to performance).

[Ontario Health – Health System Response Structure](#)

To meet the demands of the current pandemic, Ontario Health is evolving its current regional table format into a Health System Response structure designed to support real-time decision-making and action throughout the health system in response to the pandemic.

[Virtual Care and the 2019 Novel Coronavirus \(COVID-19\)](#)

Guidance on virtual care and sharing patient info using technology, with quick tips on screening, care for patients with suspected COVID-19, care for regular patients, as well as videos visit platforms and resources.

[Mental Health and Resilience During COVID-19 Webinar: April 30, 2020 at 6:00 pm EST](#)

This webinar by the University of Toronto's Faculty of Medicine discusses the mental health distress experienced by healthcare workers during the different phases of COVID-19. The session will provide an approach to addressing psychological distress during this pandemic and focus on sharing resources, tools and a CPD model for supporting provider resilience and well-being. The implementation and early outcomes of ECHO (Extension of Community Health Outcomes) Coping with COVID-19 program will be shared as a model for creating communities of practice virtually to support providers during this critical time.



SOCIAL SERVICES SECTORS: COVID-19 RESOURCES

[Ontario College of Social Workers and Social Service Workers COVID-19 Page](#)

Provides recommendations for work during the COVID-19 pandemic.

[Provincial HSJCC Submission to Government on Impact of COVID-19](#)

The Provincial HSJCC submitted a letter to Government outlining the impact of COVID-19 on service delivery across the human services and justice sectors.

[CLEO Updates on the Law and Legal Services](#)

CLEO is working to give practical answers to questions people are asking about the law relating to the COVID-19 situation. They are also sharing updates about changes to government programs and court services.

[The Ontario Caregiver Organization COVID-19 Tip Page](#)

Includes specific caregiver information related to COVID-19, such as mental health tips, support technology, virtual support group, provincial and federal government resources, and more.

[Ontario Association for ACT & FACT COVID-19 Guidance](#)

Recommends precautions in the delivery of ACT and FACT essential services, with consideration to staffing and scheduling, medication, clozapine bloodwork, food assistance, and self-care assistance for infected individuals.

[Guidance for providers of services for people experiencing homelessness \(in the context of COVID-19\)](#)

Health Canada offers recommendations for the homelessness-serving sector.

City of Toronto Shelter Program Resources

The City of Toronto provided the following contents to support their shelter programs:

- [Letter to all shelter, respite and drop-in providers](#)
- [Infection Prevention and Control Guide for Homelessness Service Settings](#)
- [Fact sheet: Interim Guidance for Homelessness Service Settings Providers](#)
- [COVID-19 Screening Tool for Homelessness Service Settings](#)
- [Referral flow chart: How does the COVID-19 Screening Process Work for Shelters, 24-hour Respite, and 24-hour Drop-in Clients?](#)
- [Instructions for Arranging Non-Emergency Transportation for Shelter, 24-hour Respite and 24-hour Drop-in Clients to COVID-19 Assessment Centres](#)
- [Poster: Protect Yourself](#)
- [Poster: Wash Your Hands](#)
- [Poster: Cover Your Cough](#)
- [Poster: Self-isolate](#)
- [Poster: Social Distancing](#)
- [Postcard: How to Protect Yourself](#)



ONLINE RESOURCES FOR MENTAL HEALTH AND SOCIAL CONNECTION

APPS FOR MENTAL HEALTH AND WELLNESS

Breathe 2 Relax

A free app that gives you detailed info on stress on the body and offers evidence-based exercise to help you breathe to reduce your stress levels. Learn more at

<https://apps.apple.com/ca/app/breathe2relax/id425720246>

Une appli gratuite qui vous donne des informations détaillées sur l'effet du stress sur le corps et propose des exercices fondés sur des données probantes pour vous aider à respirer pour réduire votre niveau de stress. Pour en savoir plus, rendez-vous sur : <https://apps.apple.com/ca/app/breathe2relax/id425720246>

Calm

This free app promises to help users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories. Learn more at

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

Cette appli gratuite promet d'aider les utilisateurs à mieux dormir, à renforcer leur confiance et à réduire le stress et l'anxiété, à l'aide de méditations guidées, de musique apaisante et d'histoires pour s'endormir. Pour en savoir plus, rendez-vous sur : <https://www.calm.com/>

Happify

Happify is a free self-improvement app that measures your happiness for you, and provides evidence-based tasks and games to help you improve your overall wellbeing. Learn more at

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

Happify est une appli gratuite de développement personnel qui mesure votre bonheur et vous propose des tâches et des jeux fondés sur des données probantes pour vous aider à améliorer votre bien-être général. Pour en savoir plus, rendez-vous sur : <https://www.happify.com/>

Headspace

A free guided meditation app that can help you reduce anxiety and bring yourself back to the present.

Learn more at: <https://www.headspace.com/headspace-meditation-app>

Une appli gratuite de méditation guidée qui peut vous aider à réduire votre anxiété et vous ramener dans le présent. Pour en savoir plus, rendez-vous sur : <https://www.headspace.com/fr/headspace-meditation-app>

HealthyMinds

HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy. This app was developed for students by the Royal Ottawa Health Care Group. Learn more at:

<https://www.theroyal.ca/healthyminds-app>

HealthyMinds est un outil de résolution de problèmes qui vous aide à gérer vos émotions et faire face au stress que vous rencontrez sur le campus et hors de celui-ci. Le but : garder votre esprit sain. Cette appli a



été développée pour les étudiants par les Services de santé Royal Ottawa. Pour en savoir plus, rendez-vous sur : <https://www.theroyal.ca/healthyminds-app>

Insight Timer

Insight Timer is a smartphone app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. Learn more at <https://insighttimer.com/>
Insight Timer est une appli pour téléphone intelligent et une communauté de méditation en ligne. L'appli propose des méditations guidées, de la musique et des discussions publiées par des experts. Pour en savoir plus, rendez-vous sur : <https://insighttimer.com/>

Mindshift

Uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Learn more at <https://www.anxietycanada.com/resources/mindshift-cbt/>
Utilise des stratégies démontrées scientifiquement et fondées sur la thérapie cognitivo-comportementale (TCC) pour vous aider à apprendre à vous détendre et à être attentif, à développer des modes de pensée plus efficaces et à utiliser des mesures actives pour prendre en charge votre anxiété. Pour en savoir plus, rendez-vous sur : <https://www.anxietycanada.com/resources/mindshift-cbt/>

MoodMission

A free, evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping... When you tell MoodMission how you're feeling, it gives you a tailored list of 5 simple, quick, effective, evidence-based Missions to improve your mood. Learn more at <http://moodmission.com/>
Une appli gratuite, fondée sur des données probantes et conçue pour vous aider à surmonter vos sentiments de dépression et d'anxiété en découvrant de nouvelles et meilleures façons d'y faire face.... Lorsque vous dites à l'application MoodMission ce que vous ressentez, elle vous donne une liste personnalisée de cinq missions simples, rapides, efficaces et fondées sur des données probantes pour améliorer votre humeur. Pour en savoir plus, rendez-vous sur : <http://moodmission.com/>

MoodPath

Free for IOS and Android phones, MoodPath asks you daily questions to help you assess your mood. The app also gives you access to 150 psychological exercises/videos to improve your mental health and wellbeing. Learn more at <https://mymoodpath.com/en/>
Gratuite pour les téléphones IOS et Android, MoodPath vous pose des questions quotidiennes pour vous aider à évaluer votre humeur. L'appli donne également accès à 150 exercices/vidéos psychologiques pour améliorer votre santé mentale et votre bien-être mental. Pour en savoir plus, rendez-vous sur : <https://mymoodpath.com/en/>

PTSD Coach Canada

A free tool to help manage the symptoms associated with PTSD. It is not intended as a replacement for professional care. This mobile app provides information and self-help tools based on current research. Learn more at <https://open.canada.ca/en/apps/ptsd-coach-canada>
Coach ESPT Canada - Un outil gratuit pour vous aider à gérer les symptômes associés à l'ESPT. Son but n'est pas de remplacer les soins professionnels. Cette appli mobile fournit des informations et des outils



d'autoassistance fondés sur les travaux de recherche actuels. Pour en savoir plus, rendez-vous sur : <https://ouvert.canada.ca/fr/apps/coach-espt-canada>

Sanvello

Helps you understand your thoughts, moods, and behaviours. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better. Learn more at <https://www.sanvello.com/>

Vous aide à comprendre vos pensées, vos humeurs et vos comportements. Sanvello vous donne des techniques validées cliniquement pour vous aider à gérer vos humeurs et vos pensées, afin que vous puissiez comprendre ce qui est efficace pour améliorer votre bien-être. Pour en savoir plus, rendez-vous sur : <https://www.sanvello.com/>

Stop, Breathe & Think

A free mindfulness and meditation app intended to help users cope with stress, anxiety, depression and insomnia. Learn more at <https://www.stopbreathethink.com/>

Une appli gratuite de pleine conscience et de méditation visant à aider les utilisateurs à faire face au stress, à l'anxiété, à la dépression et à l'insomnie. Pour en savoir plus, rendez-vous sur : <https://www.stopbreathethink.com/>

Virtual Hope Box

A multi-media coping skill app designed for individuals struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. Learn more at: <https://www.common sense media.org/app-reviews/virtual-hope-box>

Une appli multimédia d'aide à l'adaptation conçue pour les personnes souffrant de dépression. Les quatre principales caractéristiques de Virtual Hope Box sont des sections qui proposent des options pour la distraction, l'inspiration, la relaxation et les capacités d'adaptation. Pour en savoir plus, rendez-vous sur : <https://www.common sense media.org/app-reviews/virtual-hope-box>

APPS FOR SOCIAL CONNECTION

House Party

A fun, free, and easy to use app for phone, laptop or tablet: allows you to video chat with friends, play games, and increase your social connection. Learn more at <https://houseparty.com/>

Une application amusante, gratuite et facile à utiliser pour téléphone, ordinateur portable ou tablette, elle vous permet de bavarder avec vos amis, de jouer à des jeux et d'augmenter vos rapports sociaux. Pour en savoir plus, rendez-vous sur : <https://houseparty.com/>

Zoom

Can be used for work or play. Zoom is easy to use on all devices, free for up to 45 minutes for parties of 3+. Chat for an unlimited amount of time for parties of 2; Zoom premium gives you unlimited time for larger groups, but there is a cost. Learn more and download Zoom at www.zoom.us.

Peut être utilisée pour le travail ou les loisirs. Zoom est facile à utiliser sur tous les appareils, gratuite jusqu'à 45 minutes pour les groupes de trois personnes et plus. Les groupes de deux personnes peuvent bavarder pendant une durée illimitée; Zoom Premium vous offre une période illimitée pour les grands



groupes, mais le service Premium est payant. Pour en savoir plus et pour télécharger Zoom, rendez-vous sur : www.zoom.us

Google Hangouts

Similar to Zoom, Google Hangouts is free, user friendly, and can be used for work or play. All you need is your Gmail account. Learn more at <https://hangouts.google.com/>

Semblable à Zoom, Google Hangouts est gratuite, conviviale et peut être utilisée pour le travail ou les loisirs. Vous n'avez besoin que de votre compte Gmail. Pour en savoir plus, rendez-vous sur :

<https://hangouts.google.com/>

Jackbox Games

Fun for free! Play a variety of games with family and friends from your smartphone. Also requires a laptop. Learn more and set up your next game at <https://jackboxgames.com/> (some game packs cost extra)

Du plaisir gratuit! Jouez à divers jeux en famille et entre amis au moyen de votre téléphone intelligent. Nécessitent également un ordinateur portable. Pour en savoir plus et configurer votre prochain jeu, rendez-vous sur : <https://jackboxgames.com/> (certains jeux sont offerts moyennant des coûts)

TikTok

If you don't know what TikTok is, just Google it. The hashtag #safehands already has over 31 billion views – Use this is a different way in which to pass the time while you are washing your hands properly. Learn more at <https://www.tiktok.com/en>

Si vous ne savez pas ce qu'est TikTok, il suffit de le chercher sur Google. Le mot-clic #safehands compte déjà plus de 31 milliards de vues. Utilisez-le comme un moyen différent de passer le temps pendant que vous vous lavez les mains correctement. Pour en savoir plus, rendez-vous sur :

<https://www.tiktok.com/fr/>

OTHER ONLINE RESOURCES

Mental Health First Aid Resilience Guide

Created by the Mental Health Commission of Canada, this guide teaches you about self-care and resiliency, helps you put together your self-care and resilience plan, and provides a number of phone resources by province. You can download the free guide at

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

Créé par la Commission de la santé mentale du Canada, ce guide vous apprend à prendre soin de vous et à faire preuve de résilience. Il vous aide également à vous doter d'un plan de prise en charge et de résilience et fournit des ressources téléphoniques, classées par province. Vous pouvez télécharger le guide gratuit ici : https://www.mhfa.ca/sites/default/files/mhfa_self-care_resilience_guide_fre.pdf