

## Mental Health & Wellness Resources – COVID-19

Organization	Website	Description
<b>CAMH</b> Coping with Stress and Anxiety Tools	<a href="#">Link</a>	A guide for coping with anxiety associated with COVID-19 and suggestions on strategies to help. Includes resources to assess stress levels.
<b>CMHA</b> Recovery College Courses	<a href="#">Link</a>	Free mental health courses offered throughout CMHA branches in Canada to support mental health.
<b>Wellness Together Canada</b>	<a href="#">Link</a>	Federally funded COVID-19 mental health support. Resources available such as online courses, peer support groups, informational articles and more.
<b>CMHA National</b>	<a href="#">Link</a>	COVID-19 and Mental Health Resources and Worksheets on Self-Care, Caring for Others and more.
<b>Mind Beacon</b>	<a href="#">Link</a>	Free Therapist Guided Program funded by the Government of Ontario to support with stress, anxiety, depression and general mental health. Offered digitally.
<b>Mental Health Commission of Canada</b>	<a href="#">Link</a>	COVID-19 Resources including Worksheets, Infographics, Guides, and webinars to support mental health.
<b>Anxiety Canada</b> Town Hall Series	<a href="#">Link</a>	Town Hall series recorded in 2020 focusing on Coping with COVID-19. Includes various articles on COVID-19. Information on the free MindShift app.
<b>COAST Hamilton</b>	<a href="#">Link</a>	List of resources centered on mental health such as Anxiety worksheets. Includes facts, coping with anxiety and worry, supporting children and youth.
<b>Lifemark</b> Rehabilitation and Recovery Program	<a href="#">Link</a>	Program developed for individuals who had contracted COVID-19 and continue to feel the physical and mental effects of the illness. Addresses both current and long-term needs of those affected by the pandemic.

If you have any questions, or would like to add any resources available to the list, please contact Douglas Rust, Community Navigator at [drust@fedcapcanada.ca](mailto:drust@fedcapcanada.ca)