

COVID-19 COMMUNITY RESOURCES			
Organization Name	Details	Email Address	Phone Number
CRISIS SUPPORT			
York Support Services Network	-Crisis line open 24/7 – Text or call -Live chat running from 7am to 12am	https://cope.yssn.ca/home/what-level-of-crisis-are-you-in/get-support/	1-855-310-COPE (2673)
Durham Mental Health Services	Crisis access linkage line for Crisis services		905-666-0483 Toll Free number: 1-800-742-1890
TELEPHONE-BASED SUPPORTIVE COUNSELLING			
CMHA York Region	-Telephone-based supportive counselling to support people experiencing higher level of stress and anxiety due to COVID-19 and the impact that adapting to new social circumstances is having on their daily lives. -Monday to Friday from 8:30AM – 4:30PM. -Team consists of Social Workers, Occupational Therapists, and clinical therapists.		General line: 1-866-345-0183 If this line is busy, call: 905-841-3977
York Hills Help Line	-For children, youth (0-18 yrs) and their parents, caregivers or adult supporters. -Monday, Wednesday, Friday 9:30 – 4:00 pm		905-503-9561
York Support Services Network	Single-session telephone-based counselling. Online registration required. Resource days: Online session offered once monthly for people 16 or older without a case manager who would like to receive 60 min of support.	https://www.yssn.ca/mental-health-sessions-and-workshops#singlemh https://www.yssn.ca/resource-days	

ONLINE MENTAL HEALTH SUPPORTS			
Bounce Back™	-Provides free access to online, video and phone-based coaching and skills-building program. -Seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care.	https:// bouncebackontario.ca/ 	
Mind Beacon	-There are videos, quick reads and resilience-building activities. - Some of the examples of their modules are: <i>resilience while social distancing, taking control – how to not feel helpless.</i>	https:// www.mindbeacon.co m/strongerminds	
Canadian Mental Health Association	Check out Community Connections for virtual groups. Online registration required.	www.cmha.yr.on.ca	
PEER SUPPORT			
Krasman Centre	-Warm Line and Peer Crisis Support Services available 24/7. -Online chat support available from 9 to 4pm.	www.krasmancentre. com	1-888-777-0979
Centre for Addiction and Mental Health (CAMH)	Online COVID-19 discussion forum. Peer-to-peer discussion forum offering support, encouragement, and sharing experiences with managing stress and anxiety related to COVID-19.	https:// covid19.camhx.ca/ mod/forum/view.php? id=1	
Big White Wall	Peer-based online mental health support.	www.otn.ca/ bigwhitewall	
York Support Services Network: Uphub	A collection of on line peer led tools and resources to uplift York region residents who are seeking services or need support.	https:// www.uphub.ca/en/ index.aspx#	
ADDICTION SUPPORTS			
Wellness Together Canada: Mental Health and Substance Use Support	The portal offers free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed. Modules will address issues such as low mood, worry, substance use, social isolation and relationship issues. The portal is open to all Canadians and can be accessed at Canada.ca or through the Canada COVID-19 mobile app.	https://ca.portal.gs/	

trueNorth Addiction Medicine Program	A pharmacist and online doctor are available to provide medication. Presently accepts RAAM patients <u>Location:</u> Mostar Pharmacy 175 Mostar St. Stouffville, ON. L4A 0Y2. <u>Hours:</u> Monday-Friday 10AM-4PM	https:// www.truenorthmedical.com/locations	1-888-878-3563 ext. 1 For addiction counselling, please contact 289-221-4839 to speak to a counsellor.
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MOBILE APPS

Anxiety Apps

Self-Help Anxiety Management	Provides a range of self-help methods that work to reduce anxiety. Ways to challenge anxiety provoking thoughts are explained, and ways to incorporate relaxation techniques to reduce physical symptoms of anxiety are reviewed.
Stop Panic & Anxiety Self- Help	Assists in managing symptoms of panic, and helps to develop skills to challenge fearful thinking.
Mindshift	Managing anxiety through meditation; aimed at young adults, addresses specific issues such as test anxiety, social anxiety, etc.
Pacifica	Managing anxiety, stress and low mood using CBT and mindfulness-based exercises.

Relaxation Apps

Headspace	Meditation based on experience level and specific issues (eg. sleep, relationships)
Insight Timer	Free mindful meditation app.
Complete Relaxation Lite	Provides a guided relaxation and mediation exercises that work to decrease stress levels.
Take a Break! Guided Meditation for Stress Relief	Guided Meditation to reduce stress.
Omvana	Meditations; library of professional guided meditations geared to mood.
Smiling Mind	Meditation programs geared to age; developed by mental health professionals
Buddhify	Meditation geared to time of day activity.
Happify	Activities, games and exercises to promote well-being; mindfulness and CBT based.

Calm	Meditation; beginner program and issue specific guided meditations (eg. confidence, creativity).
Simply Being	Guided meditation for relaxation; select time from 5 min-30 min.
Breathe2Relax	Breath based exercises for stress management and emotional regulation.
Stop Breath & Think	Guided meditation.
Mind Bell	Mindfulness Bell and Meditation Timer, offering a sharp resonating sound for relaxation exercises.
MindSpace	Mindfulness app for students.
Simple Habit Meditation	Paid meditation app offering 5, 10, and 20 minute guided meditations on different topics
Smiling Minds	Meditation programs geared to age; developed by mental health professionals
Mind Shift	CBT Anxiety Canada

Depression Apps	
Mood Tools: Depression Aid	Uses concepts of Cognitive-Behavioural Therapy to help challenge inaccurate thoughts which may be playing a role in depression. Suggests helpful behaviours that may work to reduce the intensity of emotions.
Depression CBT- Self Help Guide	Uses concepts of Cognitive-Behavioural Therapy. A good alternative to the MoodTools app.
What's up By Jackson Temptra	Highlights connections between irrational thinking and depressive symptoms. Describes methods to overcome these thoughts, and assist in setting goals and practices that will work to reduce feelings of distress.
Depression Check	Assess levels of your depression, and provides a report explaining your symptoms. It can also be used to monitor recovery while undergoing treatment.
Sleep Hygiene Apps	
CBT-i Coach	Uses Cognitive-Behavioural Therapy for Insomnia. Teaches users to develop positive sleeping routines, and improve sleep environments. Also reviews strategies proven to improve sleep and reduce symptoms of insomnia.
Best Sleep Hygiene	Tracks current sleep hygiene habits. Generates a list of additional sleep hygiene recommendations to add to your routine to increase the quality of sleep.
Relax Melodies	Calming sounds for stress relief, relaxation and sleep.
PTSD Apps	
PTSD Coach Canada	Provides information about PTSD, and tracks symptoms. Suggests easy-to-use tools to help handle stress symptoms.
Mood Tracker Apps	
Daylio	Mood tracker that can help you keep a note on how you are feeling and your behaviours. Provides Statistics and calendars of your mood.
eMoods	Simple mood tracker that also lets you track feelings and behaviours.
Youper	Emotional health assistance
Grateful	A virtual gratitude journal

WEBSITES		
York Support Services Network: COVID-19 Support Services	Provides direct web links to CHATS services for seniors age55+ and their caregivers, including: grocery delivery, Meals on Wheels, transportation, personal support and homemaking, telephone safety checks, counselling, care coordination, and other services.	https://eyrmdoht.covidresponse.ca/
University of Toronto-Mind Control: Managing Your Mental Health During COVID-19	Free online course regarding strategies to manage anxiety symptoms related to COVID-19.	https://www.coursera.org/learn/manage-health-covid-19
Yale-The Science of Well-Being	Free online course about increasing your happiness and building more productive habits.	https://www.coursera.org/learn/the-science-of-well-being
Don't Change Much: Where Guys Go To Get Healthy	A variety of articles about healthy living for men.	https://dontchangemuch.ca/?gclid=EAIaIQobChMI4qn1ner-6AIVEITCh2FiQ7mEAAAYASAAEgIw0_D_BwE
21 Day Free Meditation	21-day free meditation.	https://chopracentermeditation.com/
Bell Let's Talk	Tips for managing mental health through COVID-19.	https://letstalk.bell.ca/en/covid-19
Canadian Mental Health Association	Coronavirus: Managing Stress and Anxiety.	https://cmhakelowna.com/coronavirus-managing-stress-anxiety/
Mind Your Mind	Mindyourmind exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.	https://mindyourmind.ca
Shoppers Drug Mart	Online stress management program. Access Code: SHOPPERS	www.shoppersdrugmart.ca

The Black Dog Institute	The black dog institute is dedicated to understanding, preventing and treating mental illness. The website provides worksheets to assist with creating a self-care plan.	https://www.blackdoginstitute.org.au/news/news-detail/2020/03/30/the-importance-of-self-care-planning-during-coronavirus?fbclid=IwAR3h5oBs85sOzDAPU_OHeIdrhIb3zliTzSVXAv6KwUzpC1mr2GW33HbctmU
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FINANCIAL SUPPORT		
Shaw Internet	Shaw is providing complimentary and unrestricted access to Shaw Go Wi-fi network hotspots regardless of whether or not you are a Shaw customer.	https://www.shaw.ca/internet/wifi
Labour Toronto and York Region Council	Employment insurance and work benefits, health and medical resources, health and safety at work, access to other government-supported financial assistance, housing help, debt assistance, and community resources.	https://www.labourcouncil.ca/covid-19
City of Toronto	Food access support and resources.	https://www.toronto.ca/home/covid-19/covid-19-social-support/
City of Markham	Resources: not as comprehensive or user-friendly as the above, but more targeted to Markham area.	https://www.markham.ca/wps/portal/home/about/COVID-19-Information
CHILDREN AND YOUTH SUPPORT SERVICES		
Children's Aid Society	CAS offers a compilation of resources including government information/ mental health and COVID-19 resources for youth and teenagers, and resources for families.	http://www.oacas.org/covid-19/resources/
Good Grief	Resources regarding managing grief for children, teenagers, and families.	https://good-grief.org/
Shaw Internet: EverFi	EverFi offers 20+ digital courses for students in grade K-12 on topics including financial education, mental wellness, compassion, digital wellness, prescription drug safety, and more.	https://www.shaw.ca/internet/wifi
The Story of the Oyster and the Butterfly: The Coronavirus and Me for children		https://susanguttridge.files.wordpress.com/2020/03/anagomez_oysterandthebutterflymar312020.pdf
Happy Right Now	Eight-year-old Alyssa reads Julie Berry's <i>Happy Right Now</i> to teach us that the best way to be happy is to embrace the circumstances we find ourselves in every day.	https://www.youtube.com/watch?v=U1bDLm1Nhbl&feature=youtu.be
Celebrate the Sun	Five heartwarming activities from author Sarah Jane Hinder that complement <i>Hello, Sun! A Yoga Sun Salutation to Start Your Day</i> —including sunshine stones, a journal, and coloring pages.	https://soundstrue-ha.s3.amazonaws.com/pdf/MKT2295+Hello+Sun+Storytime+Kit.pdf

Inspire Connection: Creative Craft Activity	Join the paper doll movement from <i>Emily's Idea</i> by Christine Evans to spread a message of love, connection, and acceptance. Includes a template to make your own paper doll chain.	https://soundstrue-ha.s3.amazonaws.com/pdf/Emily%27s%20Idea%20Story%20Time%20Kit.pdf
Get to Know Your Breath: Instructional Video	When you're mad or worried or can't wake up in the morning, what can you do? Author Mariam Gates leads kids through six exercises from <i>Breathe with Me: Using Breath to Feel Strong, Calm, and Happy</i> .	https://www.youtube.com/watch?v=2PYHmihv3wY&feature=youtu.be