

# MENTAL HEALTH SUPPORT RESOURCES

## FOR LONG-TERM CARE WORKERS, RESIDENTS AND FAMILIES

### **Wellcan by Morneau Shepell**

Access: <https://www.morneaushepell.com/ca-en/welcome-wellcan>

A collection of digital resources will be accessible, free and available to everyone in Canada online and in app stores this week (**Week of April 6, 2020**). As an online hub of free mental health services offered to Canadians, WellCan will continuously be refreshed with the latest information and resources.

### **Stronger Minds by BEACON**

Access: [www.mindbeacon.com/strongerminds](http://www.mindbeacon.com/strongerminds)

Stronger Minds by BEACON is a free digital program for all Canadians to support their mental well-being through the COVID-19 crisis. With Stronger Minds, participants get day-to-day guidance from the extensive BEACON team of clinical psychologists. Through videos, quick reads and resilience-building activities, Stronger Minds helps Canadians learn how to protect their mental well-being through the coronavirus pandemic.

### **CAMH Educational Resources**

Access: <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

CAMH has launched a site designed to provide information and suggestions about how best to cope in this difficult time. The site includes FAQs and articles written by experts, and a peer-to-peer discussion forum where individuals can offer support, encouragement, and share their experiences with managing stress and anxiety related to the COVID-19 pandemic

### **BounceBack**

Access: <https://bouncebackontario.ca/>

BounceBack is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, participants access tools to support you on your path to mental wellness.

### **SilverCloud**

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

SilverCloud's stress management program is focused on resilience, and helps individuals identify and enhance existing strengths and skills, and build new ones. This is a pro-active and practical program built in conjunction with leading clinical and subject matter experts that provides users with the tools and techniques to manage stress and bring balance into their life.

**BEACON**

Access: [www.mindbeacon.com](http://www.mindbeacon.com)

BEACON is a guided digital therapy program with one-to-one support from a registered therapist. BEACON provides Cognitive Behavioural Therapy, a clinically proven method that's all about building stronger resiliency through learning new skills to manage your thoughts and feelings, and treats the most common mental health concerns including depression, social anxiety, generalized anxiety, health anxiety, PTSD, panic, insomnia, and adjustment disorder.

**InkBlot**

Access: <https://inkblottherapy.com/>

Confidential video counselling matching employees with counsellors to best suit their mental health needs.

**Silvercloud**

Access: <https://www.silvercloudhealth.com/>

Digital mental health platform that provides cognitive behavioural therapy for conditions such as depression, anxiety, insomnia, stress and resiliency.

**Snapclarity**

Access: <https://www.snapclarity.com/>

Confidential video counselling matching employees with counsellors to best suit their mental health needs with complimentary texting in between sessions.

**ConnexOntario**

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

A resource that will help connect people with the right public mental health and addictions program or support across Ontario

**Big White Wall**

Access: <https://www.bigwhitewall.com/>

An anonymous online community where members can support each other 24 hours a day, 365 days a year.

**CAMH**

Access: <https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

CAMH is providing access to mental health and addiction supports for health care workers who might be impacted by the COVID-19 pandemic.

***ECHO Ontario***

Access: <https://camh.echoontario.ca/echo-coping-with-covid/>

Participate in an online session with peers to learn about ways to build resilience and maintain wellness through lectures and case-based discussions.

***Ontario CLRI***

Access: <https://clri-ltc.ca/covid19/>

Shares new and existing supports for long-term care leaders and team members.

***Research Institute for Aging***

Access: <https://the-ria.ca/news/protecting-the-well-being-of-ontarios-long-term-care-workers-during-covid-19/>

***Homeweb***

Access: <https://homeweb.ca/>

Homeweb is an innovative online platform that offers members access to personalized health and wellness tools, resources, and support when they want it — anywhere, anytime.

***Canadian Mental Health Association***

Access: <https://mentalhealthweek.ca/yourmentalhealth/>

Practical advice, articles and information on mental health.

***Bell Let's Talk***

Access: <https://letstalk.bell.ca/en/covid-19>

Tips and online resources to support and help manage mental health through this difficult time.

***Ontario Hospital Association***

Access: <https://www.oha.com/news/strengthening-mental-health-and-wellness-during-covid-19>

The OHA has put together a number of easily accessible mental health resources from various leading sources.