

Mental Health Resources

COVID-19 Resource

Below is a list of websites and resources that are available to all Canadians to help with mental health and wellness during these challenging times.

Remember to use information from reputable sources.

Websites
<p>✚ Canadian Centre on Substance Use and Addiction: https://www.ccsa.ca/</p>
<p>✚ Wellness Together Canada - Mental Health and Substance Use Support: https://ca.portal.gs/</p> <p>✚ Wellness Together Canada offers the following at no cost to Canadians:</p> <ol style="list-style-type: none"> 1. Wellness self-assessment and tracking. 2. Self-guided courses, apps, and other resources. 3. Group coaching and peer support. 4. Counselling by text or phone.
<p>✚ Mental Health Commission of Canada: https://www.mentalhealthcommission.ca/English/covid19</p>
<p>✚ Bell Let's Talk: https://letstalk.bell.ca/en/covid-19</p>
<p>✚ Canadian Mental Health Association: https://cmha.ca/news/covid-19-and-mental-health</p>
<p>✚ Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html</p>
<p>✚ Government of Canada: https://www.canada.ca/en/public-health/services/publications/diseases-conditions/taking-care-mental-health.html</p>
<p>✚ Provincial and Territory COVID-19 Mental Health Resources: https://www.mentalhealthcommission.ca/English/provincial-and-territorial-covid-19-resources</p>
<p>✚ Canadian Centre for Occupational Health & Safety: https://www.ccohs.ca/newsletters/hsreport/issues/current.html?utm_medium=email&utm_campaign=HSReport_Apr2020_English&utm_source=Envoke-HS-REPORT_ENGLISH&utm_term=Health-and-Safety-Report-%7C-Vol#hsreport-ontopic</p>

COVID-19 Resource: As of October 7th, 2020

This document is intended to help adopt and implement best practices into your workplace during the COVID-19 pandemic.