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| **MENTAL HEALTH RESOURCES** **During COVID-19**  |

During these times of uncertainty, it is important to prioritize your well-being and mental health. Focus on things you can control. Maintain a daily routine, eat well, reach out to your friends and family while practicing safe physical distancing and reflect on your emotional state. It is ok to seek help and support. Many agencies are providing additional professional support.

The following resources are available online or by phone.

# Extensive Open Source Mental Health Resources:

**Free/Low-Cost Mental Health Resources in Toronto**
Includes Queer & Kink Friendly mental health resources.

**[LINK](https://docs.google.com/document/d/1JmxLVBI8CrbeMoEF32758ie9RrPQTOVyAXuJNh688PM/edit)**

**CMHA Toronto COVID-19 Health Equity Resources**
Mental health resources as well as; financial info, food security, housing, harm reduction, and support for LGBTQ folk.

**[LINK](https://docs.google.com/document/d/1JzgSWCyZd4NyyB4twlu4dj-7H5LbyBHcWnSOWVVpWQM/edit)**

# Over ­ the ­ Phone Support:

**Crisis Lines for People of All Ages, Genders, and Sexual Orientations**

**Gerstein Crisis Centre**

24/7 | 416 ­ 929 ­ 5200

**Toronto Distress Centre**

24/7 | 416 ­ 408 ­ 4357 or text 741741 (2am - 2pm Daily for text)

**[LINK](https://www.torontodistresscentre.com/)**

**For LGBTQ2S Folks of All Ages**

**The 519 Community Centre**

Offering Friendly Phone Check-­Ins during COVID-19.

519 Church Street | 416 ­ 355 ­ 6782

**[LINK](http://the519.formstack.com/forms/friendly_phone_program)**

**Trans Life Line**For trans and gender non-conforming people

1 – 877 – 330 - 6366

**For LGBTQ2S Youth**

**Friends of Ruby (formerly Eagle Youth Services)**

For LGBTQ2S Youth up to Age 29

416 - 359 ­ 0237| info@friendsofruby.ca PHONE/EMAIL SUPPORT ONLY

**For People Under 20 Years Old**

**Kids Help Phone**

24/7 | 1 - 800 ­ 668 ­ 6868

**For People 65+ Years Old**

**Crisis Outreach Service for Seniors**

9:00am ­ 5:00pm Daily | 416 ­ 217 ­ 2077

# If You Are Experiencing Abuse:

**Assaulted Women’s Helpline**

For Women, Non-­Binary, and Trans folks

24/7 | 416 ­ 863 ­ 0511 | TEXT #SAFE (#7233) on your cell phone

Call for access to Violence Against Women (VAW) shelters, counselling, support, and other resources

**[LINK](http://www.awhl.org/?gclid=EAIaIQobChMIyfmW096m6AIVo__jBx2jcw1SEAAYASAAEgIjuPD_BwE)**

**1 in 6 Men’s Helpline Chat**

For Men, Non-­Binary, and Trans Folks

Use the online chat to access counselling, support, and other resources

**[LINK](http://www.awhl.org/?gclid=EAIaIQobChMIyfmW096m6AIVo__jBx2jcw1SEAAYASAAEgIjuPD_BwE)**

**ShelterSafe**

Connecting women fleeing violence to their closest women's shelter

**[LINK](https://www.sheltersafe.ca/)**

**National Aboriginal Circle Against Family Violence**

**[LINK](http://54.186.211.6/shelters/)**

**Toronto Rape Crisis Centre**

24-hour crisis line for sexual abuse & assault

**[LINK](https://trccmwar.ca/our-services/24-hour-crisis-line/)**

# Mental Health Peer Support:

**LGBT Youth Line**

Peer support by and for people 29 and under

Phone 1 - 800 ­ 268 - 9688 | Text 647 ­ 694 - 4275 | [Online Chat](https://www.youthline.ca/)

**Progress Place Warmline**

Peer support hotline

Call 416 ­ 960 ­ 9276 | Text 647- 557 ­ 5882 | [Online Chat](http://www.warmline.ca/)

**St. Stephen’s Community House**

Non - Crisis Peer Support Phone Line

12 - 8pm Monday - Friday | 647- 875 - 8967

**Mood Disorders Association of Ontario Forum**

Forum to chat with others for support

**[LINK](https://mooddisorders.ca/forum/)**

**Huddle**

Free video-based peer support groups around COVID-19

**[LINK](https://www.huddle.care/covid/)**

**Big White Wall**

Free, online mental health and wellbeing service for dealing with everyday stressors or major life events.

**[LINK](https://www.bigwhitewall.com/?lang=en-ca&from=ca/)**

# Other Crisis and Information Services:

**Community and Social Services Hotline**

24/7 | 2 ­ 1 ­ 1

**[LINK](https://www.211toronto.ca/)**

**Ontario Legal Line**

24/7 |416 ­ 929 - 8400

**[LINK](https://www.cleo.on.ca/en)**

**Toronto Public Health COVID-­19 Current Situation Report**

**[LINK](https://www.toronto.ca/home/covid-19/)**

# Online Substance Use Supports:

**Pieces to Pathways**

Substance use support program for LGBTTQQ2SIA youth (ages 16-29)

**[LINK](https://www.breakawayaddictions.ca/p2p)**

**Harm Reduction Supplies & Locations**

**[LINK](https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/harm-reduction-supplies-and-locations/)**

**TPH Supervised Injection Services**

10 am - 10 pm Monday – Saturday | The Works - 277 Victoria St

[**LINK**](https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/)

**Online AA Meetings During COVID-­19**

**[LINK](http://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYlVqSoKiN6Gsm38bKMU/mobilebasic)**

**Narcotics Anonymous**

**[LINK](http://www.torontona.org/)**

**Crystal Meth Anonymous**

**[LINK](https://crystalmeth.org/9-uncategorised/171-cma-statement-on-covid-19.html)**

**myRecovery**

**[LINK](https://www.myrecovery.com/)**

# Articles and Resources for Coping:

**"Psychology Works"**

**[LINK](https://cpa.ca/new-covid-19-factsheet/)**

**Take Care**

**[LINK](https://www.virusanxiety.com/take-care)**

**Mental Health and Coping During COVID-19**

**[LINK](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html)**

**Taking care of your mental health during COVID-19**

[**LINK**](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/)

**(Almost) 100 Ways to Not Freak the Fuck Out During #Covid-­19**

**[LINK](https://forge.medium.com/100-ways-to-not-freak-the-fuck-out-during-isolation-7dd980584d8b)**

**Coronavirus: Ten Reasons Why You Ought not to Panic**

**[LINK](https://theconversation.com/coronavirus-ten-reasons-why-you-ought-not-to-panic-132941)**

**Deserted Italian street rings out with song as people lean from windows to sing together during lockdown**

**[LINK](http://www.independent.co.uk/news/world/europe/coronavirus-%C2%ADitaly-%C2%ADsiena-%C2%ADsong-%C2%ADcanto-%C2%ADdella-%C2%ADverbena-%C2%ADvideo-%C2%ADlockdown-a9399176.html)**

**Pandemic Pushing Your Anxiety Buttons?**

**[LINK](https://cmha.bc.ca/covid-19/tips-for-managing-anxiety/)**

**Hope and Healing After Suicide (CAMH)**

**[LINK](http://www.camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf)**

**Self - Care Tips if You Become Sick**

**[LINK](https://docs.google.com/document/d/1DioVg-8nu25up0JMdd-w3AsJPy1tl0MsobfG6TzGOws/mobilebasic)**

**Care for your Coronavirus Anxiety**

**[LINK](https://www.virusanxiety.com/)**

**Depression and Bipolar Support Alliance**

**[LINK](https://www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/)**

**Self ­ Help for Anxiety Management (App)**

IPhone: [**LINK**](https://apps.apple.com/ca/app/self-%C2%ADhelp-%C2%ADfor-%C2%ADanxiety-%C2%ADmanagement/id666767947)

Android: [**LINK**](https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en_)

**Coronavirus and your wellbeing**

**[LINK](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?utm_medium=organic&utm_source=twitter&utm_campaign=info&utm_content=coronaviruswellbeing" \l "collapse868b)**

**Coronavirus: How to protect your mental health**
[**LINK**](https://www.bbc.com/news/health-51873799)

**How to Stay Emotionally Healthy During the Coronavirus Outbreak**
[**LINK**](https://www.psychologytoday.com/ca/blog/hope-resilience/202003/how-stay-emotionally-healthy-during-the-coronavirus-outbreak)

**Be There - Mental Health Support**

**[LINK](https://bethere.org/Home)**

# Therapy and counselling:

**Talkspace**

**[LINK](https://www.talkspace.com/)**

**Inkblot**

**[LINK](https://inkblottherapy.com/)**

**Shift Collab**

**[LINK](https://www.shiftcollab.com/)**

**Balanced Mind and Wellness Inc**.

**[LINK](https://balancedmindandwellness.janeapp.com/)**

**Affordable Therapy Network**

**[LINK](https://www.affordabletherapytoronto.com/online-therapists.html)**

**Pathway-Therapy**

**[LINK](http://www.pathway-therapy.com/)**

**Open Path Collective**

**[LINK](https://openpathcollective.org/)**

**Toronto Institute for Relational Psychotherapy**

**[LINK](https://www.tirp.ca/lowcost)**

**Hard Feelings**

**[LINK](https://www.hardfeelings.org/)**

**Layla**

**[LINK](https://www.layla.care/)**

**Coronavirous & OCD**

**[LINK](https://www.ocdkidsmovie.com/coronavirus?fbclid=IwAR0M0SBSSRHPwRO9Fv8IPaITMXUqpEqS914A83vaCxbb6UoUMUFdLgd6X18)**

**NABS support line**

1 – 888 - 355 - 5548

**[LINK](https://nabs.org/need-help)**

**Union**

Counselling for Musicians

[**LINK**](https://unisonfund.ca/services/counselling-health-solutions)