

# Mental Health Resources

## FREE RESOURCES FOR MEMBERS IN ONTARIO

- [Bounce Back Ontario](#) is a skill building program that provides you with tools to work on and improve your mental wellness. It helps patients manage low mood, mild-moderate depression and anxiety.
- [Togetherall](#) is a free peer-to-peer support resource that can be accessed 24/7, 365 days a year.
- [AbilitiCBT](#) offers personalized, internet based cognitive behavioural therapy that you can access from any device, any time. It also includes a special program to help you address anxiety symptoms related to the challenging aspects of pandemics.
- [ConnexOntario](#) offers an online platform that allows you to chat with a specialist and can assist in finding solutions for your individual needs.
- [Mind BEACON](#) guides you through challenges with your mental health. You will work 1-1 with a registered therapist on tailored readings and activities through secure digital messaging.

## [PROVINCIAL AND TERRITORIAL COVID-19 RESOURCES OUTSIDE OF ONTARIO](#)



# FREE Mental Health Resources for Employees & Employers

- [WELLO Resources for Employers](#) provides a number of tips on how you can help support your employees.
- [Canadian Centre for Occupational Health and Safety](#) offers tools to help support organizations mental health efforts in creating a space where workers feel safe, respected, and valued.
- [The Mental Health Commission of Canada](#) offers resources to guide organizations in promoting mental health and preventing psychological harm at work.
- The [Think Mental Health](#) database includes resources for staff and management on the prevention, intervention and accommodation of mental health problems in the workplace.
- [Not Myself Today](#) is a mental health initiative that helps companies build greater awareness, reduce stigma, and foster safe and supportive cultures.
- Coursera offers an online course, [Mind Control: Managing Your Mental Health During COVID-19](#) taught by Prof. Joordens, Dept. of Psychology, University of Toronto. Your employees can learn how to better manage their crisis response.



# Crisis Support & Emergency Help Lines

## National Programs

Crisis Service Canada

- Website: [crisisservicescanada.ca/en](https://crisisservicescanada.ca/en)

National Suicide Prevention Lifeline

- Phone: 1-800-273-8255

Wellness Together Canada: Mental Health and Substance Use Support

- Website: <https://ca.portal.gs/>

First Nations and Inuit Hope for Wellness Help Line

- Phone: 1-855-242-3310

Talk4Healing (for Indigenous women)

- Phone: 1 855-554-HEAL

## Distress Hotlines

- Toronto Distress Centre: 416-408-4357
- Toronto Seniors Helpline: 1-877-621-2077
- Kids Help Phone: 1-800-668-6868, Text CONNECT to 686868
- Anishnawbe HEALTH: 416-360-0486
- Mental Health Crisis Management Service: 416-891-8606
- Assaulted Women's Helpline: 416-863-0511
- Good2Talk (post-secondary student mental health helpline): 1-866-925-5454

