

Links to External Resources for Supporting Resilience During COVID-19

	TITLE / TOPIC	BRIEF DESCRIPTION	LINK	MEDIUM
Written Resources	GENERAL RESOURCES FOR RESILIENCE AND COVID-19			
	Ontario Hospital Association: Resources for Strengthening Mental Health and Resilience During COVID-19	A List of provincial, federal and international resources related to resilience and COVID-19.	OHA Resources strengthening-mental-health-and-wellness-during-covid	webpage
	Canadian Psychological Association "Psychology Works" Factsheets related to COVID-19	A number of factsheets from the Canadian Psychological Association including topics such as: Coping and Preventing COVID-19, Psychological Impacts, Working from home, Student Wellness and Teens	https://cpa.ca/new-covid-19-factsheet/	factsheets
	The Working Mind: Mental Health First Aid, Self Care and Resilience During COVID	A worksheet to help an individual develop a self care and resilience plan. Contains links to a number of mental health resources	The Working Mind Self Care Resilience Guide	workbook/ guide
	Canadian Association for Mental Health Resources for Professionals COVID-19	A web resource with different topics related to mental health and COVID-19	CAMH Information-for-professionals CoVID-	website
	Canadian Mental Health Association COVID-19 and Mental Health	This website has a number of practical tips related to resilience and mental health and well being	https://cmha.ca/news/covid-19-and-mental-health	website
	Berkeley Greater Good Guide of resources during COVID	Access to a number of reputable articles and resources related to resilience and COVID-19	Berkley Greater Good Guide during COVID	online magazine
	Working Mind Boosters	Training modules to review the topics from the working mind	https://theworkingmind.ca/working-mind-boosters	interactive modules

LINKS TO ONLINE VIDEO AND AUDIO RESOURCES/ RESILIENCE PRACTICES				
Audio Visual Practices	Center for Mindful Self-Compassion	This website contains a number of guided practices that you can listen to from Kristen Neff and Chris Germer of the Mindful Self-Compassion training programs. They are various lengths	Center for Mindful Self-Compassion guided meditations and Exercises	audio
	Insight Timer	A number of guided meditations. The link goes directly to those related to supporting during coronavirus. Access many other meditations from the top right corner of the website. Also available as an app	https://insighttimer.com/meditation-topics/coronavirus	website
	Brightmind	This link is to subscribe to the Brightmind Meditation app. They are offering 1 year free subscription	http://www.brightmind.com/selfcare	link
	Working Mind Video: Staying Resilient During COVID 19	A 12 minute video	Working Mind Staying Resilient Video	video
SUPPORT AND COUNSELING RESOURCES				
Individual Supports	Canadian Psychological Association List of psychologists providing free services to health care providers during pandemic	A list of psychologists who have volunteered their time to provide FREE remote psychological services to health care providers throughout the COVID-19 crisis. Follow link and choose a psychologist in your preferred language. They have agreed to respond to your request within 24 hrs and to provide services free of charge throughout the crisis	https://cpa.ca/coronavirus/psychservices/#Ontario	virtual psychological services
	CMHA Hamilton	Offering 4 x 1 hour virtual counselling sessions to healthcare staff	call (905) 521-0090.	virtual psychological services
	Free psychotherapy	Some psychotherapists, psychologists, social workers etc. across Ontario have come together offering free psychotherapy, up to 4 sessions	https://covid19therapists.com/request-support/	virtual psychological services

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