

Mental Health Support Resources

Category	Description	Contact Information
ANONYMOUS Call Lines	<p>COAST Crisis Lines (Administration line if Peer Support staff have any non-urgent questions 905-972-8118)</p> <p>Barrett Centre</p> <p>Wellness Together Canada (<i>Canada Wide but operated by Homewood Health</i>)</p>	<p>COAST Hamilton 905-972-8338 COAST Niagara 1-866-550-5205 COAST Halton 1-877-825-9011 COAST Brantford 1-866-811-7188</p> <p>24 HOUR CRISIS LINE: 905-529-7878 TOLL FREE: 1-844-777-3571</p> <p>1-866-585-0445 Callers only have to provide First Name, City and Province</p>
COUNSELLING St. Joseph's Covid 19: Mental Health Services for Health Care Workers	<p>The COVID-19 Mental Health and Psychosocial Support Service provides confidential support for Healthcare Workers.</p> <p>Health and community care workers have made a selfless commitment to care for our community during COVID-19. At work and at home, you have shown incredible strength. But we all need help sometimes. Anxiety, exhaustion and compassion fatigue are all normal responses in this pandemic. It is ok to say it: this is really hard.</p> <p>Service options include:</p> <ul style="list-style-type: none"> • Self-Directed (self-help/online resources) • Peer Support (group and individual format) • Brief Psychoeducational (structured skill building) • iCBT (virtual therapy) • Individual or Group Therapy • Referral to other services 	<p>CONNECT Line (M-F 8-4 p.m.) 905-522-1155 x36499</p> <p>OR link below anytime (will be responded to within 24 hours) https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw</p>

<p>HHS Employee Family Assistance Program Lifeworks</p>	<p>Free confidential support services to HHS employees, physicians, and residents. Expert counsellors available 24 hours a day, seven days a week via a local or toll-free number.</p> <p>In-person counselling during the day, evening and on weekends. If attending counselling in person poses barriers for you ask about telephone counselling options.</p>	<p>To access the toll-free services, available 24 hours a day and 365 days a year, call us at 1-888-521-8300 (905-521-8300).</p> <p>LifeWorks Online provides a variety of resources, tools and features for Managers, Employees and their immediate families. Access the web at www.lifeworks.com</p> <p>User ID: HHSC Password: MSSI</p>
<p>BEACON</p>	<p>BEACON is currently FREE for all Ontarians. BEACON is an effective, easy-to-access way for people to receive personalized care, learn coping skills and manage mood, thoughts and feelings. Therapy happens via your computer or mobile device where and when it's convenient for you.</p> <p>Every BEACON therapist is a regulated mental health professional. You can message your therapist anytime, and they will tailor your therapy by giving you online exercises and activities to fit your needs and progress. Your use of BEACON, including interactions with your therapist, is completely confidential</p>	<p>Access via: https://info.mindbeacon.com/btn542</p> <p>Unlimited access to a therapist for up to 12 weeks and to online BEACON resources for a full year</p>
<p>Canadian Mental Health Association – Bounce Back</p>	<p>BounceBack®: is a free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.</p> <p>Learn practical tips for managing mood, sleeping better, building confidence, increasing activity, problem solving, and healthy living. There are both self-directed and guided coaching options available.</p> <p>Coaching Support BounceBack: A guided self-help program using telephone coaching and workbooks. A referral is required in order to participate. Your</p>	<p>Access Self- Directed BounceBack Today: Videos are available on the website bouncebackvideo.ca Enter your email address and access code: <i>bbtodayon</i>. There is no referral required.</p>

	<p>primary care provider (family doctor or nurse practitioner) can provide you with a referral. Alternatively, you can self-refer by completing the online referral form found at https://bouncebackontario.ca</p>	
<p>COVID Specific Resources</p>	<p>The Canadian Psychological Association has comprised a list of psychologists who have volunteered their time to provide FREE remote psychological services to health care providers throughout the COVID-19 crisis. Click on the link and choose a psychologist in your preferred language. They have all agreed to respond to your request within 24 hours and to provide services free of charge throughout the crisis.</p> <p>CMHA Hamilton is offering 4, 1 hour sessions of virtual mental health support M-F for healthcare and social service staff.</p> <p>Wellness Together Canada It has self-assessments for distress, peer support resources, and other free tools for Canadians to use to improve mental and physical health. You may want to share at your workplaces.</p>	<ul style="list-style-type: none"> • https://cpa.ca/coronavirus/psychservices/#Ontario • Access by calling (905) 521-0090 • https://ca.portal.gs/
<p>Self-Directed Resources</p>	<ul style="list-style-type: none"> • HHS Resilience Support Toolkit • Stress Self-Assessment Tool • Mental Health Continuum Tool: How to know when to ask for help • St. Joseph's Healthcare Hamilton Tips and Tools for Mental Health for Health Care Workers • CAMH: Managing Mental Health and the covid 19 pandemic • Working Mind – Online Boosters • Working Mind – Staying Resilient During the COVID Pandemic – 12 minute video 	

	<ul style="list-style-type: none"> • Working Mind – Self Care and Resilience Guide • Centre for Addiction and Mental Health
Togetherall	<p>Togetherall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community. Togetherall is a community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year. To ensure safety and anonymity, the site is monitored by clinically trained 'Wall Guides', who are online 24/7.</p> <p>www.togetherall.com</p> <p>Togetherall is free to access in a number of ways for residents of Ontario. You can access the service using your Ontario postal code when clicking on 'Join Us'. Check us out at our recently revamped and improved site!</p>