

Resources during Covid-19 *compiled by Juliet Haynes, MSW, RSW (Updated June 1, 2020)*

- The Royal <https://www.theroyal.ca/COVID19>
- Urgent Mental Health Clinic at The Royal – requires referral from family physician more info here: <https://www.theroyal.ca/CPROMPT>
- Adult Mental Health Resource Guide – while many groups are not currently running – this resource guide contains links to online resources: https://www.theroyal.ca/sites/default/files/2020-02/Adult_Mental_Health_Resource_Guide_0.pdf

Basic Needs

- City of Ottawa <https://ottawa.ca/en/health-and-public-safety/covid-19-ottawa/support-and-assistance>
- Caregiving Communities portal to search for services www.ontariocaregiver.ca/caregivingcommunities
- Federal Covid-19 Relief Programs <https://mailchi.mp/kpopelaw/emergency-osdplow-income-relief-options?e=4c3ea37e70>

Covid-19

- Social Planning Council of Ottawa <https://www.spcottawa.on.ca/covid19>
- Community Information Center Ottawa (CICO) /211 Eastern Ontario have compiled a comprehensive list of information to residents of Eastern Ontario; how to access essentials, income support, food, mental health services specific to COVID-19 information: <https://easternontario.cioc.ca/>. If you happen to have more specific questions, please contact them for help in locating resources. <https://211ontario.ca/211-ontario-services-blog/covid-19-information-sources-for-ontario-residents/https://www.211oncovid19.ca/>
- Ontario Caregivers Covid-19 page has a number of one-pagers on various topics worth checking out <https://ontariocaregiver.ca/covid19/>
- Brene Brown on CBC – Coping with Covid-19 15 minute interview <https://www.cbc.ca/radio/thecurrent/our-adrenaline-can-t-outpace-covid-19-but-bren-brown-offers-3-tips-to-better-cope-1.5528127>

Food & Groceries

Grocery stores offer home delivery and pickup options. Call or visit a web site of your local grocery store to learn more

- Local Grocery Stores that Offer Delivery https://www.champlainhealthline.ca/healthlibrary_docs/GroceryStoresDeliveryOttawa.pdf
- This shop is working with a bunch of food shops to centralize delivery to you. The various vendors drop off their online orders to the Burrow Shop, then a box is filled for you with groceries from multiple vendors https://burrowshop.buchipop.com/Mental_Health_and_Abuse_Counseling_and_Support

Crisis

- Crisis Line/Distress Line <https://www.dcottawa.on.ca/24-7-crisis-line/>
- CMHA <https://ontario.cmha.ca/documents/are-you-in-crisis/>

Mental Health

- ADDitude Magazine Free Webinars <https://www.additudemag.com/tag/webinar/>
- Big White Wall <https://www.bigwhitewall.com/?lang=en-ca>
- Bell Let's Talk Resources (mostly on managing anxiety during Covid-19) https://letstalk.bell.ca/en/covid-19?fbclid=IwAR2cv2OOOGvhyb40XJIPywM3_G2GloOu6yGLdaMdYVaRW6rVugpT7kskl0c
- Bounce Back <https://bouncebackontario.ca>
- Counselling Connect – FREE Counselling for a variety of issues. Ottawa-based community organizations have partnered to offer their services virtually – CMHA, JFS, Family Services Ottawa, OCISO, Walk-In Counselling, Sandy Hill & Somerset West Community Resource Centres, Rideauwood, Youth Services and more – book and appointment by clicking this link: https://www.counsellingconnect.org/?fbclid=IwAR1g_SMH-h66RrMK0ZhowyU8H8flAvc69zRkw6ghxFxsSslIHMn6UyyI94
- CAMH Coping with Anxiety and Stress during Covid-19 <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping> Scroll to end and sign up to receive coping strategies to your personal email.
- CAMH Coronavirus Peer to Peer Discussion Forum <https://covid19.camhx.ca/mod/forum/view.php?id=1>
- Evidence Exchange Network for Mental Health and Addictions is offering webinars on Covid-19 and the impact on your mental health. Register here: <https://www.eenet.ca/>
- Ementalhealth.ca has a wide range of resources listed and a search option – check in with each resource to see if services might now be available virtually...
- Family Services Ottawa offers free, reduced rates, low-cost, sliding scale therapy options. Please call 613.725.3601. Please select option 1 for English and then select option 2 to speak with the intake team during Walk-in Clinic times.
- Face Covid – free ebook <https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyoWEGEG/view>
- Kids Help Phone not just for kids! They will receive calls from adults as well! Call a counsellor: 1-800-668-6868. Check out some great Covid-articles on their webpage <https://kidshelpphone.ca/>
- Mental Health Commission of Canada <https://www.mentalhealthcommission.ca/English/covid19>
- Montreal's Museum Of Fine Arts Has Free Online Art Therapy - on their Facebook page every Friday
- OCD Ottawa Support Group is now meeting virtually: https://www.ocdottawa.com/meetings/?utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email&utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email
- Ottawa Network for Borderline Personality Disorders (ON-BPD) Public lecture with Dr. Mercer and Dr. King – June 17, 2020 7pm to register please go to: https://us02web.zoom.us/meeting/register/tZ0qce-gpj0pGNbMnynXcy2iOXqCav_jiV6b
- Tend Academy Covid-19 resources for mental health <https://www.tendacademy.ca/resources/>
- Text4Hope is a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists. Please text the message, “COVID19HOPE” to the number 393939. <https://www.albertahealthservices.ca/topics/Page17019.aspx>
- Wellness Together Canada – mental health and substance use support <https://ca.portal.gs/>
 - Youth text “WELLNESS” to 686868
 - Adults text “WELLNESS” to 741741

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Substance Use

- Canadian Addiction Counsellors Certification Federation www.cacfc.ca free addiction counselling to Canadians
- CCSA information on substance use and Covid-19 <https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>
- Serenity Renewal for Families is offering counselling virtually (may be a fee for service) <https://www.serenityrenewal.ca/what-we-do/counselling/>
- Wellness Together Canada – mental health and substance use support <https://ca.portal.gs/>

Abuse

- Unsafe at Home Ottawa a text and online chat tool that allows victims and survivors of domestic violence and abuse to get help and support from 8:30am to midnight. Text (613) 704-5535 or chat online unsafeathomeottawa.ca
- Ottawa Coalition to End Violence against Women <https://www.octevaw-cocvff.ca/get-help>

Indigenous

- Hope for Wellness Helpline: Indigenous peoples can call 1-855-242-3310 for immediate mental health counselling and crisis intervention across Canada (available in some Indigenous languages). Live web chat is also available.
- Talk 4 Healing: Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages by calling or texting 1-855-554-4325. Live web chat is also available.
- Wabano Covid-19 Outreach <https://mailchi.mp/bfbedc5c4c75/early-bird-registration-for-the-2019-wabano-symposium-the-land-is-medicine-1607834?e=15afcadfe0>

Grief

- Bereaved Families of Ontario, Ottawa is offering 1:1 peer support over the phone and monthly support groups virtually <http://www.bfo-ottawa.org/>

Youth

- Good2Talk: A phone and texting service that offers confidential support to post-secondary students. Call 1-866-925-5454.
- Ontario Caregivers Young Caregivers Support Group Wednesday evenings at 7:30 pm
Register today: <https://www.eventbrite.com/e/young-caregiver-online-support-group-tickets-101926424680>

Parents

- Huddol free counseling sessions <https://playbook.huddol.com/parenting-in-an-age-of-covid-19/>
- PLEO Parents Lifelines of Eastern Ontario <https://www.pleo.on.ca/where-to-find-us/> 613-321-3211
 - Also checkout resources here: <https://cheo.echoontario.ca/parent-caregiver-sessions/>

Inspiration

- Huddol podcasts https://www.youtube.com/channel/UCw4xNJ4Kra-PtezBDLDRlBg?view_as=subscriber

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Isolation

- Virtual Visitors *based in Ottawa! Opportunities to volunteer and/or receive virtual visits
<https://virtualvisitors.wixsite.com/website>

Family Peer Support

- Cornwall Community Addiction and Mental Health Services are offering a number of programs virtually – please check with individual organizers for details.
- Ontario Caregiver Peer Support <https://ontariocaregiver.ca/find-support/peer-support/>
- PLEO Parents Lifelines of Eastern Ontario <https://www.pleo.on.ca/where-to-find-us/> 613-321-3211
- Psychiatric Survivors of Ottawa – Family Peer Support Group is now being offered by Zoom. Please visit their website for details on how to join <https://www.pso-ottawa.ca/spring2020> You are also welcome to connect with a member of the Family Peer Support team directly.
 - Sean D. is at 613-567-4379 ext.221 or seand@pso-ottawa.ca
 - Beata Z 613-567-4379 ext.123 or beataz@pso-ottawa.ca
- 7 Cups connects you to caring listeners for free emotional support 24/7; or be a listener for others.
<https://www.7cups.com/>
- The Help With Your Health Online program can be accessed from any device with an internet connection and is designed to accommodate all levels of computer skills. The program is FREE to individuals across Ontario who are living with one or more chronic conditions, such as diabetes, chronic pain, high blood pressure, stroke, cancer, heart or kidney conditions, as well as their caregivers. 5-week program begins April 30th – registration limited <https://www.selfmanagementontario.ca/>
- Veterans Affairs Caregiver Support Program in partnership with the Elizabeth Dole Foundation is offering a series of Webinars <https://hiddenheroes.org/c3/>

Webinars using dialectical behavior therapy skills to manage crisis

- McLean Hospital Webinar on Coping with Covid-19 https://www.mcleanhospital.org/video/dr-chris-palmer-offers-tips-help-us-feel-less-overwhelmed-during-covid-19-pandemic?utm_campaign=COVID-19&utm_medium=email&_hsenc=p2ANqtz-98wgGduMtSBNIMcD10YhqbcCWfEb7Kz7b1q2ilCdmd-5QHI2CXr8M5EUq7CChnAau6EQfJh-UwSTJ6aaTZjSe0GPvSL0sYQYwU_NHVF69ZSYGZYGU&_hsmi=86132631&utm_source=hs_email&utm_content=86132631&_hsCtaTracking=ac589794-c7ae-4542-90e3-6e095770f1f7%7C2662ddcb-7124-43ab-ba5c-e8084d9ee73e
- National Education Alliance for Borderline Personality Disorders (NEA.BPD) Free for a limited time webinars: <https://www.borderlinepersonalitydisorder.org/webinars/> *Riding the Wave of Emotions was just published and is fabulous!

Books on Mental Health, Coping and Self Care

Participants and presenters from our family groups have shared the following titles that may be of interest:

- Dr. Xavier Amador, psychologist – I Am Not Sick, I Don't Need Help
- Brene Brown – I thought it was just me, (but it isn't) – Making the Journey from, "What will People Think?" to "I Am Enough"
- Melody Beattie – Language of Letting Go
- Richard Carlson, PhD – Don't Sweat the Small Stuff

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- Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW & Matthew McKay, PhD – The Relaxation & Stress Reduction Workbook
- Joseph Lee, M.D. – Recovering my Kid
- Michael G. Pipich, M.S., LMFT – Owing Bipolar – How Patients and Families Can Take Control of Bipolar
- David Posen, M.D. – Authenticity: A Guide to Living in Harmony with your True Self
- Gretchen Rubin – The Happiness Project
- Karen Salmansohn – The Bounce Back Book
- E. Fuller Torrey, M.D. – Surviving Schizophrenia
- E. Fuller Torrey, M.D. & Michael B. Knable – Surviving Manic Depression
- Douglas Turkington and Helen Spencer – Back to Life Back to Normality

On-line Activities

Theatre & Music

- Andrew Lloyd Webber musicals: <https://dailyhive.com/mapped/andrew-lloyd-webber-musicals-friday-stream>
- Filmed on Stage Musicals (may have a cost) <http://www.filmedonstage.com/>
- Musicals <https://nerdist.com/article/live-action-musicals-streaming/>
- NAC Live Stream Performances https://nac-cna.ca/en/canadaperforms?gclid=CjwKCAjwkun1BRAIEiwA2mJRWdEOU5wRLcqeYkNwB3WEVSkee7hVvwYz9mcBaa4NriC1q6cfhvtYBoCAVsQAvD_BwE
- National Theatre at Home free on YouTube <https://www.nationaltheatre.org.uk/nt-at-home>
- Ottawa Music Live on Facebook

Art Galleries, Aquariums and Museums

- Art Gallery of Ontario (AGO) <https://ago.ca/collection/browse>
- 12 Famous Museums offer virtual tours online. Visit <https://artsandculture.google.com/partner>
- Ocean Voyager live views from the Georgia Aquarium. <https://www.georgiaaquarium.org/webcam/ocean-voyager/>
- Oh You Pretty Things_ - Filmmaker Gary Hustwit is streaming his documentaries free for a limited time <https://www.ohyouprettythings.com/free>

Travel & Adventure

- CAA Virtual Vacations, Armchair Adventures https://caaneo.ca/blog/travel/virtual-vacations-armchair-adventures-and-more-how-to-satisfy-the-travel-itch-while-at-home/?_cldee=anVsaWV0LmhheW5lc0B0aGVyYb3lhbC5jYQ%3d%3d&recipientid=contact-56d7fa5a7dbfe711812a480fcfeae051-8c783ac51b604926bed316449e029204&esid=51d6dd6f-4c77-ea11-a811-000d3af46914
- Canada's Wonderland virtual roller coaster ride <https://www.canadaswonderland.com/blog/2020/march-2020/heres-how-to-take-a-virtual-ride-on-all-the-rides-at-canadas-wonderland-in-your-own-home>
- Travel Zoo <https://www.travelzoo.com/ca/blog/20-amazing-places-you-can-visit-from-home/>

Education & Learning

- Coursera - Free online courses from top universities <https://www.coursera.org/?cartId=53330483>

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- Edx - Free online courses from top universities <https://www.edx.org/course>
- Laura Horn Art's Abstract Collage Creations course <https://www.laurahornart.com/>
- Udemy courses <https://www.udemy.com/courses/free/>
- Discover the Power of Self-Compassion (3 free videos) https://product.soundstrue.com/power-of-self-compassion/free-video-series/?_ke=eyJrbF9lbWFpbCI6ICJuaWNvbGEud3JpZ2h0QHRoZXJveWFsLmNhliwgImtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxlIn0%3D
- The Science of Well-Being free 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness. <https://www.coursera.org/learn/the-science-of-well-being>

Yoga

- Five Parks Yoga <https://www.youtube.com/channel/UCrtTMWDx4u1dVKMpXNhjwpA>
- Yoga and Fitness ideas from the Boston Globe: <https://www.bostonglobe.com/2020/03/15/nation/not-going-gym-here-are-some-free-workouts-you-can-do-home-during-coronavirus-shutdown/>
- Yoga with /Adrienne on Youtube
- Blogilates on Youtube

Other

- Marketplace ideas for free streams <https://www.marketplace.org/2020/03/20/heres-what-to-read-and-stream-for-free-during-the-covid-19-pandemic/>
- Ontario Caregivers has a full list of activity lists here: <https://ontariocaregiver.ca/wp-content/uploads/2020/03/Ontario-Caregiver-Organization-Connecting-Socially-While-Keeping-Your-Distance-FINAL.pdf>