## General Mental Wellbeing & COVID19

1. Centre for Addiction and Mental Health
   * **Link:** <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
   * Information on the Pandemic
   * How to support loved ones and discuss with Kids
   * How to manage with social distancing
2. Mental Health Commission Canada -<https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says>
   * Talks about impact on pandemic on our stress response
   * Explores ways to minimize exposure to stressors relating to the pandemic

## Children and COVID-19

1. Children's Mental Health Ontario agencies are open and providing support via phone and virtually.

* **Link:** <https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>

## Mental Health Wellness Tips for Quarantine

1. 20 Tips for Quarantine
   * Link: <http://www.sfu.ca/olc/blog/my-ssp/mental-health-wellness-tips-quarantine>
   * Very concrete, easy to follow list of to-do’s to maintain and improve mental wellness during this time
2. Being Alone Together: The Social Pandemic of Loneliness during COVID-19
   * Link:<https://zoom.us/webinar/register/2815856856836/WN_ngBvqJCSTSKvt51fQ7D_4Q>
   * April 14th, ZOOM Webinar – Psychologist discusses ways to get social support during social distancing (Register by April 14th)
3. CMHA Windsor-Essex Mental Health Education Events
   * **Link:** <https://windsoressex.cmha.ca/events/>
   * Webinars being scheduled to provide education on strategies to maintain wellness during pandemic.

## Coping with stress and anxiety

1. 15 Tips from the Centre for Addiction and Mental Health

* **Link:** <https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>

1. Big White Wall – Peer Support Online
   * Web Link: www.bigwhitewall.ca
   * Safe way to connect with other people feeling the same way. It is monitored by professionals.
2. Bounce-Back
   * **Link:** <https://bouncebackontario.ca/>
   * Online cognitive behavioral therapy program to treat mild-moderate depression and anxiety
3. Stronger Minds – by Beacon
   * **Link**:<https://www.mindbeacon.com/strongerminds?utm_campaign=Stronger%20Minds&utm_source=GSC%20Plan%20Member&utm_medium=English>
   * Day-day guidance to build resilience - no cost during COVID Pandemic

## Managing workplace stressors:

1. Webinars by Mental Health Works:

* **Link**: <http://www.mentalhealthworks.ca/mental-health-works-provide-webinars-workplace-mental-health-amid-covid-19-concerns/>

## How to Promote Your Mental Health:

1. Try an online course to promote your mental wellbeing:
   * **Link:** <https://www.coursera.org/learn/the-science-of-well-being>
   * Offered by Yale University, proven to increase happiness and productivity

## Grief Support

1. Victoria Order of Nurses – offering phone based support for grief:

* Contact at: ([www.vonme.ca](http://www.vonme.ca)) or 1800-201-0909

## Financial Support

1. EI application and other Federal Benefits: <https://www.canada.ca/en/employment-social-development/corporate/notices/coronavirus.html>
2. Ontario OW: <https://www.mcss.gov.on.ca/en/mcss/programs/social/apply_online.aspx>