

Resources during Covid-19 *compiled by Juliet Haynes, MSW, RSW (Updated April 30, 2020)*

Please note (by request) a **Book Titles Section has been added to this week's resource list!*

The Royal <https://www.theroyal.ca/COVID19>

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>
- 211
 - <https://211ontario.ca/211-ontario-services-blog/covid-19-information-sources-for-ontario-residents/>
 - <https://www.211oncovid19.ca/>

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>
- Bounce Back <https://bouncebackontario.ca>
- **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.

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- *CHEO, ECHO Ontario and PLEO have partnered to offer two “Pandemic Parenting Playbook” groups one on April 30th and the other on May 14th registration is required: <https://cheo.echoontario.ca/parent-caregiver-sessions/>
- 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.
- Mental Health Commission of Canada <https://www.mentalhealthcommission.ca/English/covid19>
- 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/>
- 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

Substance Use

- Canadian Addiction Counsellors Certification Federation www.caccf.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

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/>

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Youth

- Good2Talk: A phone and texting service that offers confidential support to post-secondary students. Call 1-866-925-5454.

Parents

- Huddol free counseling sessions <https://playbook.huddol.com/parenting-in-an-age-of-covid-19/>

Isolation

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

Family Peer Support

- 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/>

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-98wqGduMtSBNIMcD10YhqbcCWfEb7Kz7b1q2ilCdmd-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/> Ottawa Coalition to End Violence against Women <https://www.octevaw-cocvff.ca/get-help>

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

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- Richard Carlson, PhD – Don't Sweat the Small Stuff
- 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

- Andrew Lloyd Webber musicals: <https://dailyhive.com/mapped/andrew-lloyd-webber-musicals-friday-stream>
- Art Gallery of Ontario (AGO) <https://ago.ca/collection/browse>
- 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=anVsaWV0LmhheW5lc0B0aGVyb3lhbC5jYQ%3d%3d&recipientid=contact-56d7fa5a7dbfe711812a480fcfae051-8c783ac51b604926bed316449e029204&esid=51d6dd6f-4c77-ea11-a811-000d3af46914>
- Coursera - Free online courses from top universities <https://www.coursera.org/?cartId=53330483>
- Edx - Free online courses from top universities <https://www.edx.org/course>
- Face Covid – free ebook <https://drive.google.com/file/d/117HY4z4mY5izJpR44ejuZ8rhTyowWEGEG/view>
- Filmed on Stage Musicals (may have a cost) <http://www.filmedonstage.com/>
- Laura Horn Art's Abstract Collage Creations course <https://www.laurahornart.com/>
- 12 Famous Museums offer virtual tours online. Visit <https://artsandculture.google.com/partner>
- 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/>
- Montreal's Museum Of Fine Arts Has Free Online Art Therapy - on their Facebook page every Friday
- Musicals <https://nerdist.com/article/live-action-musicals-streaming/>
- NAC https://nac-cna.ca/en/series/canadaperforms?gclid=CjwKCAjwvtX0BRAFEiwAGWJyZNzsnmuDIVscrsH12p_RdywnfpPQvw_ooCoqlMMZzYEegZD4Bq2IGzBoCUtcQAvD_BwE
- National Theatre at Home free on YouTube <https://www.nationaltheatre.org.uk/nt-at-home>
- 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>
- Ottawa Music Live on Facebook
- Discover the Power of Self-Compassion (3 free videos) <https://product.soundstrue.com/power-of-self-compassion/free-video->

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[series/?_ke=eyJrbF9lbWFpbCI6ICJuaWNvbGEud3JpZ2h0QHRoZXJveWFsLmNhliwglmtsX2NvbXBhbnlfaWQiOiAiSk1EZ2FxlIn0%3D](https://www.coursera.org/learn/the-science-of-well-being)

- 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>
- Travel Zoo <https://www.travelzoo.com/ca/blog/20-amazing-places-you-can-visit-from-home/>
- Udemy courses <https://www.udemy.com/courses/free/>