

CARING FOR CAREGIVERS RESOURCES 2.0

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Spring Edition 2021

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THE ROYAL

- The Royal lists crisis numbers here: <https://www.theroyal.ca/crisis-lines>
- The Royal and COVID-19 at <https://www.theroyal.ca/COVID19>
- The Royal offers a Prompt Clinic that requires referral from a primary care provider who will then provide follow-up: <https://www.theroyal.ca/PROMPT>
- The Royal also offers Ontario Structured Psychotherapy. For more information please visit: <https://www.theroyal.ca/osp>
- The Royal's family information page includes a number of useful resources, tip sheets on FAQs from our family groups as well as family group details. Please check it out here: <https://www.theroyal.ca/patient-care-information/family-caregivers/family-information-and-support-groups>
- Did you know that The Royal offers family support groups *virtually*? The groups are free, and open to the public. The groups are facilitated by The Royal's social workers. For up-to-date information on topics, please check our website here: <https://www.theroyal.ca/patient-care-information/family-caregivers/family-information-and-support-groups> or Please contact Denise McGregor for details on how to join: Denise.McGregor@theroyal.ca

MENTAL HEALTH AND ABUSE COUNSELLING AND SUPPORT

Crisis

- The Royal lists crisis numbers here: <https://www.theroyal.ca/crisis-lines>
- Crisis Line/Distress Line <https://www.dcottawa.on.ca/24-7-crisis-line/>
- Crisis Services Canada <https://www.ementalhealth.ca/index.php?m=record&ID=55840>
- CMHA <https://ontario.cmha.ca/documents/are-you-in-crisis/>
- PLEO developed a resource for parents addressing knowing what to do in periods of crisis; keeping youth safe at home, difficulties identifying signs and improving awareness of suicide risk and accessing services. It is also helpful for service providers to better understand and support a whole family, for researchers and policy makers. The resource can be accessed at <https://www.pleo.on.ca/resources/supporting-parents-of-suicidal-youth/>

Mental Health

- Big White Wall <https://www.bigwhitewall.com/?lang=en-ca>
- Bounce Back <https://bouncebackontario.ca> , <https://ontario.cmha.ca/wp-content/uploads/2020/07/Ontario-Caregivers-and-BounceBack-Handout-EN-FINAL-HR.pdf>
- Counselling Connect – FREE Counselling for a variety of issues. Book an appointment by following this link: https://www.counsellingconnect.org/?fbclid=IwAR1g_SMh-h66RrMK0ZhowyU8H8flAvc69zRkw6ghxFxfSsIIHMn6UyyI94

- Evidence Exchange Network for Mental Health and Addictions offers webinars on Covid-19 and the impact on your mental health. Register here: <https://www.eenet.ca/>
- Kids Help Phone not just for kids! They will receive calls from adults as well! Call a counsellor: 1-800-668-6868 or check out their website for additional resources: <https://kidshelpphone.ca/>
- Ottawa Public Health: <https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-caregiver-guide.aspx>
- Regional Coordinated Access: www.AccessMHA.ca
- Schizophrenia Society of Canada: <https://schizophrenia.ca/>

Substance Use

- CAMH Centre for Addiction and Mental Health <http://www.camh.ca/>
- 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>
- Living Healthy Champlain – Chronic Illness including Chronic Pain Workshops <https://www.livinghealthychamplain.ca/>
- Rideauwood Addiction and Family Services <https://www.rideauwood.org/covid-news/even-though-our-centre-is-closed-to-visitors-and-clients-we-are-still-here-for-you/> They offer virtual care for anyone struggling with addictions (gambling, substance, gaming) or problematic substance use, and have services for adults, youth/young adults, students, and parents/family members. Their services are available at no cost to service users.
- 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/>
- [Virtual Care for Mental Health and Substance Use During COVID-19](https://www.wellness-together.ca/virtual-care-for-mental-health-and-substance-use-during-covid-19)

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](https://www.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=15afcadcfe0>
- <https://covid19.healthstandards.org/resource/indigenous-health-toolkit>
- <https://spark.adobe.com/page/jig8WfbLvmzAs/>
- <https://vancouver.ca/files/cov/First-Peoples-A-Guide-for-Newcomers.pdf>

General Information and Resources

- Community Navigation Eastern Ontario (formerly 211) <https://cneo-nceo.ca/>
- E-Mental Health <https://www.ementalhealth.ca/>

Sleep and Calm

- Bounceback – CBT for Insomnia <https://bouncebackontario.ca/>
- Canadian Public Health campaign on sleep <https://sleeponitcanada.ca/>
- Breathing Retraining for anxiety reduction <https://www.youtube.com/watch?v=0Mr9iAC1tLk>
- Dr. Mike Evans 23 ½ Hours video on the health benefits of 30 minutes of activity per day <https://www.youtube.com/watch?v=aUaInS6HIGo>
- Search Inside Yourself (siyli.prg) offers free resources including guided meditations <https://siyli.org/resources/category/guided-meditation>

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/>
- The Compassionate Friends' When a Child Dies, a self-help group of bereaved parents offering support and understanding meets the third Tuesday of every month. Because of physical distancing restrictions, sharing circles are online. For details, contact by phone at 613-608-3990 or by email: tcfottawa@gmail.com

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/>

Returning to School

- [Supporting Children's Mental Wellness While Encouraging Pandemic Prevention Measures](#) (also available as printable/downloadable PDF in [English](#) or [French](#))
- [Back-to-School Tips for Parents](#)
- Dr. Gail Beck of The Royal did a radio interview discussing 'How to tell if you child is experiencing back-to-school anxiety?' [here](#).
- [Six Tips to Support Your Child's Mental Wellness and Prepare for the Start of the School Year](#) (also available as printable/downloadable PDF in [English](#) or [French](#))
- The Children's Mental Health Ontario (CMHO) developed a [Back to School Mental Health Kit](#) consisting of helpful information and practical tips

Inspiration

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

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.
- Family Councils Ontario offers virtual family forums <https://www.fco.ngo/covid-19/virtual-family-forum>
- Ontario Caregiver Peer Support <https://ontariocaregiver.ca/find-support/peer-support/>
- At Institute for Advancement on Mental Health (IAM), (former Schizophrenia Society of Ontario) our support line continues to service those previously using Ask the Expert (ATE), the Ontario-specific service that assisted people living with schizophrenia and psychosis and their families across Ontario through telephone, online and in-person support. Reach out to one of our counsellors at 1-855-449-9949 or email us at: support@iamentalhealth.ca

- 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 <https://www.pso-ottawa.ca/family-support>
- 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. 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/>
- City of Ottawa Resource Guide at <https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-caregiver-guide.aspx>
- Ontario Caregivers at <https://ontario.cmha.ca/wp-content/uploads/2020/07/Ontario-Caregivers-and-BounceBack-Handout-EN-FINAL-HR.pdf>
- New Zealand Mental Health online program. Six Phases of the Carer Journey http://mhr4c.com.au/about-this-program/six_phases/
- Artisan studio meets mental health initiative at www.marnieandmichael.com. We support family members who have a loved one struggling with mental health. By creating a space to share our written stories, thoughts, ideas, coping strategies and lessons learned, it is our hope we can all feel a little less alone, isolated or helpless, and come away feeling more supported, hopeful and heard
- Veteran's Health is offering a free caregivers training. Requires pre-screening to determine eligibility:
https://signup.buildingbettercaregivers.org/enroll/?utm_source=csp&utm_campaign=Feb

Fathers

- <https://mensgroup.com/divorce-support-groups/>
- <https://mensgroup.com/divorce-support-groups-for-men/>
- <https://mensgroup.com/mens-divorce-forum/>
- <https://mensgroup.com/father-support-groups/>
- <https://mensgroup.com/parenting-support-group>

Older Adults

- Dementia Society Virtual Respite Request Form
https://docs.google.com/forms/d/e/1FAIpQLScCmZ8Hly_PnzHSsCdaFFluC7N8cxQD0itLgWALAfJVjirP2w/viewform

- Families of residents in long-term care can call the Ministry of Long-Term Care 'Family Support and Action Line. This line is available to LTC families, staff, residents, and the general public to call to receive information or raise concerns during COVID19. Call 1-866-434-0144 8:30 AM- 7PM, 7 days a week.
- NICE – National Initiative for the Care of the Elderly TALK2NICE Community Outreach 1-844-529-7292, <http://www.nicenet.ca/talk2nice> - also for persons with disabilities.
- A Friendly Voice phone line for seniors <https://www.afriendlyvoice.ca/>
- McMaster University is offering a free course for keeping elderly loved ones safe. Who should take this program? This program is ideal for caregivers and family members interested in learning about best practices in infection prevention and control. Course content is suitable for caregivers with limited knowledge as well as experienced caregivers looking to brush up on their skills. The course is also a valuable resource for healthcare practitioners and essential service workers. <https://mcmastercce.ca/infection-prevention-and-control/program>
- The Council on Aging of Ottawa has a number of ongoing activities https://coaottawa.ca/cat/community-events/?utm_source=All&utm_campaign=April+18th%2C+2018&utm_medium=email
- The Ottawa and Renfrew Dementia Society has created a support group specifically for caregivers who are supporting someone living with dementia in Long-term Care or Retirement Home Second Wednesday of the Month 2-3:30pm on Zoom at <https://www.eventbrite.ca/e/support-group-long-term-care-and-retirement-home-registration-104479892170>

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!
- Understanding Ontario's Personal Income Tax, Credits and Benefits amid the COVID-19 Pandemic: <http://www.eapon.ca/training-education/training/webinars/> Questions? admin@elderabuseontario.com.

BROCKVILLE AREA RESOURCES FOR CAREGIVERS

THE ROYAL – BROCKVILLE MENTAL HEALTH CENTRE

- Forensic Treatment Unit <https://www.theroyal.ca/patient-care-information/clinics-services-programs/mental-health-and-law>
- Secure Treatment Unit <https://www.theroyal.ca/patient-care-information/clinics-services-programs/mental-health-and-law>
- Geriatric Mental Health Community Team
<https://www.champlainhealthline.ca/displayService.aspx?id=196177>
- Assertive Community Treatment Team (ACTT) Dual Diagnosis
<https://www.theroyal.ca/patient-care-information/clinics-services-programs/community-mental-health>

MENTAL HEALTH AND ABUSE - COUNSELLING AND SUPPORT

Crisis

- Lanark, Leeds and Grenville Mental Health Crisis Line <https://llgamh.ca/247-crisis-line.php>
- Lanark, Leeds and Grenville Mental Health Pandemic Helpline
<https://www.lanarkmentalhealth.com/>
- Distress Centre Crisis Line <https://developmentalservices.com/services-distress.cfm>
- Interval House Crisis Line <https://lgih.ca/>
- Brockville General Hospital Emergency Department
<https://www.brockvillegeneralhospital.ca/en/index.aspx>
- Ontario 211 Helpline – Provincial Crisis Line, community, social, government and health services
<https://www.ontario.ca/page/get-help-if-you-are-experiencing-violence#section-1>
Call 911 – Police, fire and ambulance
- Lanark County Mental Health – Crisis Services <https://www.lanarkmentalhealth.com/crisis-services/>

Mental Health

- Lanark, Leeds and Grenville Addictions and Mental Health <https://llgamh.ca/vision-and-mission.php>
- Lanark County Mental Health <https://www.lanarkmentalhealth.com/>

- Brockville General Hospital – Mental Health Program (Crisis Line, Crisis Team, Assertive Community Treatment Team ACTT) <https://www.brockvillegeneralhospital.ca/en/patient-care/mental-health-program.aspx>
- Upper Canada Family Health Team – Mental Health Counselling <https://www.ucfht.com/copy-of-general-medical-care>
- Leeds and Grenville Community Family Health Team – Mental Health Counselling <https://www.lgcfht.ca/mentalhealth>
- Anger Management https://www.theangermanagers.com/?gclid=EAlaIQobChMI79DKsea97wIVPgeICR2A7QfCEAA YASAAEgKzR_D_BwE
- Leeds and Grenville Outreach Support – Peer Support <https://www.southeasthealthline.ca/displayService.aspx?id=153312>
- ConnexOntario – Discover mental health services <https://www.connexontario.ca/en-ca/>
- Victim Services of Leeds and Grenville – Trauma <https://www.vslg.ca/trauma-2.php>
- South East Local Health Integration Network (LHIN) <http://www.southeastlhin.on.ca/AboutUs.aspx>

Substance Use

- Lanark, Leeds and Grenville Addictions and Mental Health <https://llgamh.ca/vision-and-mission.php>
- Alcoholics Anonymous (AA) <https://lanarkleedsaa.org/>
- Narcotics Anonymous <https://infodrugrehab.com/na-meetings-in-canada/na-meetings-ontario/na-meetings-in-brockville/>
- National Problem Gambling Helpline <https://www.ncpgambling.org/help-treatment/national-helpline-1-800-522-4700/>
- ConnexOntario – Discover addiction and problem gambling services <https://www.connexontario.ca/en-ca/>
- Change Health Care – Methadone Clinic in Ontario <https://changehealthcare.ca/clinic-locations-contact/>
- Brock Cottage (Residential Treatment for Men) <https://www.connexontario.ca/drug-alcohol-addictions-service-brockville-19280>
- Tennant House (Residential Treatment for Women) <https://www.connexontario.ca/Directory/Program/19281>
- Leeds and Grenville Outreach Support – Peer Support <https://www.southeasthealthline.ca/displayService.aspx?id=153312>
- Leeds, Grenville and Lanark District Health Unit <https://healthunit.org/health-information/alcohol-other-drugs/>

Abuse

- Leeds and Grenville Interval House <https://lgih.ca/>
- Assault Response and Care Centre <https://arc-c.ca/>
- Lanark County Mental Health <https://www.lanarkmentalhealth.com/counselling/>
- Victim Services Leeds and Grenville <https://www.vslg.ca/>
- Assaulted Women's Helpline <https://www.awhl.org/home>
- Family and Children's Services of Lanark, Leeds and Grenville <https://fcsllg.ca/about-us/>
- Children's Mental Health of Leeds and Grenville <https://www.cmhlg.ca/>
- Kids Help Phone Line <https://kidshelpphone.ca/>
- Senior Safety Line – Elder Abuse Prevention Ontario <http://www.eapon.ca/what-is-elder-abuse/help-for-seniors/>
- Elder Abuse Prevention Support Line <https://www.southeasthealthline.ca/libraryContent.aspx?id=21711®ion=Quinte>
- Abuse and Domestic Violence <https://www.ementalhealth.ca/Leeds-and-Grenville/Abuse-and-Domestic-Violence/index.php?m=article&ID=8920>
- South East Local Health Integration Network (LHIN) <http://www.southeastlhin.on.ca/AboutUs.aspx>

Indigenous

- Indigenous Women – Talk 4 Healing <https://www.talk4healing.com/>
- Upper Canada District School Board – Indigenous http://www.ucdsb.on.ca/for_students/student_well_being/indigenous_self_identification
- Upper Canada District School Board – Equity and Inclusion http://www.ucdsb.on.ca/for_students/student_well_being/equity_inclusion
- Catholic District School Board of Eastern Ontario – Indigenous Education <https://www.cdsbeo.on.ca/our-programs/indigenous-education/>
- St. Lawrence College – Indigenous Services <https://www.stlawrencecollege.ca/services/indigenous-services>
- TR Leger School – Adult Continuing Education – Student Well Being – http://trleger.ucdsb.on.ca/curriculum/student_well_being
- Indigenous Healing and Wellness Strategy <https://www.ontario.ca/page/indigenous-healing-and-wellness-strategy>
- Support for indigenous people experiencing or at risk of experiencing violence <https://www.ontario.ca/page/support-indigenous-peoples-experiencing-or-risk-experiencing-violence>

Caregiver Support

- Brockville Mental Health Centre – Integrated Forensic Program – Family Support Group <https://www.theroyal.ca/patient-care-information/clinics-services-programs/mental-health-and-law>
- Lanark, Leeds and Grenville Addictions and Mental Health <https://llgamh.ca/vision-and-mission.php>
- Lanark County Mental Health <https://www.lanarkmentalhealth.com/counselling-and-treatment-services/>
- Open Doors for Lanark Children and Youth <https://www.opendoors.on.ca/>
- Senior Support Services – Community Primary Health Care (CPHC) <https://cphcare.ca/>
- Brockville Mental Health Centre – Geriatric Mental Health Community Team <https://www.champlainhealthline.ca/displayService.aspx?id=196177>
- The Ontario Caregiver Organization <https://ontariocaregiver.ca/find-support-2/>
- Alzheimer’s Society of Lanark, Leeds and Grenville <https://alzheimer.ca/lanark/en/home>
- Lanark County Community Home Support – Parkinson Support Group <https://www.chslc.ca/support-groups>
- Lanark County Community Home Support – Hospice Palliative Support <https://www.chslc.ca/hospice-palliative-care>
- Lanark County Community Home Support – Respite <https://www.chslc.ca/respite>
- Brockville General Hospital – Palliative Care Program <https://www.brockvillegeneralhospital.ca/en/patient-care/palliative-care-program.aspx>
- South East Local Health Integration Network (LHIN) <http://www.southeastlhinc.on.ca/AboutUs.aspx>

COVID 19 Related

- Leeds, Grenville and Lanark District Health Unit – COVID 19 – Information, Assessment and Testing <https://healthunit.org/health-information/covid-19/>
<https://healthunit.org/health-information/covid-19/assessment-testing-results/>
- Leeds, Grenville and Lanark District Health Unit – COVID 19 – Physical Activity and Mental Wellness <https://healthunit.org/health-information/covid-19/coping-helping-mental-wellness/>
- Leeds, Grenville and Lanark District Health Unit – COVID 19 – Ontario – Support for People <https://www.ontario.ca/page/covid-19-support-people>
- Brockville General Hospital – COVID 19 – Self-Assessment Tool and Assessment Centre – <https://www.brockvillegeneralhospital.ca/en/patient-care/covid-19-coronavirus.aspx>
- City of Brockville – COVID 19 – <https://brockville.com/COVID19>

- Lanark, Leeds and Grenville Addictions and Mental Health – COVID 19 – Support <https://llgamh.ca/covid-19.php>
- COVID 19 – Federal Government – Benefits and Services <https://www.canada.ca/en/services/benefits/covid19-emergency-benefits.html>
- Caregiving in the era of COVID 19 – Mental Health https://www.mentalhealthcommission.ca/sites/default/files/2020-04/fact_sheet_caregivers_eng.pdf
- Mental Health and COVID 19 <https://www.camh.ca/en/health-info/mental-health-and-covid-19>
- Victim Services Leeds and Grenville – COVID 19 and Senior Safety Program <https://www.vslg.ca/senior-safety-program.php>
- Catholic District School Board of Eastern Ontario – COVID 19 Information <https://www.cdsbeo.on.ca/students-parents/novel-coronavirus/>
- Upper Canada District School Board – COVID 19 Advisory Information <http://www.ucdsb.on.ca/cms/One.aspx?portalId=148427&pageId=28841698>
- Conseil des écoles catholiques du Centre-Est – COVID 19 Guide <https://guideretour.ecolecatholique.ca/>

Women

- Leeds and Grenville Interval House Counselling Services <https://lgih.ca/>
- Assaulted Women’s Helpline <https://www.awhl.org/home>

Men

- Men’s Counselling Services <https://www.mencounsellingservices.ca/contact.html>
- Male survivors of sexual abuse https://www.attorneygeneral.ius.gov.on.ca/english/ovss/male_support_services/

Family

- Family Counselling Services <https://www.theravive.com/cities/on/family-counselling-brockville.aspx>
- Family and Children’s Services of Lanark, Leeds and Grenville <https://fcsllg.ca/about-us/>
- Every Kid in our Communities of Leeds and Grenville <http://everykid.on.ca/>
- Victim Services Leeds and Grenville – Family Court Support Program <https://www.vslg.ca/family-court-support-program.php>
- Open Doors for Lanark Children and Youth <https://www.opendoors.on.ca/>

Children and Youth

- Children's Mental Health of Leeds and Grenville <https://www.cmhlg.ca/>
- Open Doors for Lanark Children and Youth <https://www.opendoors.on.ca/>
- Kids Help Phone Line <https://kidshelpphone.ca/>
- Every Kid in our Communities of Leeds and Grenville <http://everykid.on.ca/>
- RNJ Youth Services <https://www.rnjyouth.com/>
- Connect Youth in Leeds and Grenville <http://connectyouth.ca/>
- Victim Services Leeds and Grenville – Internet Child Exploitation Program (ICE) <https://www.vslg.ca/internet-child-exploitation-ice-program.php>
- Victim Services Leeds and Grenville – Children and Teenager Resources <https://www.vslg.ca/teenagers-2.php>
- Upper Canada District School Board – Mental Health http://www.ucdsb.on.ca/for_students/student_well_being/mental_health
- Catholic District School Board of Eastern Ontario – Mental Health <https://www.cdsbeo.on.ca/our-programs/mental-health/>
- Family and Children's Services of Lanark, Leeds and Grenville <https://fcsllg.ca/about-us/>

Senior

- Brockville Mental Health Centre – Geriatric Mental Health Community Team <https://www.champlainhealthline.ca/displayService.aspx?id=196177>
- Lanark County Mental Health – Geriatric Psychiatry – Senior Resource Team <https://www.southeasthealthline.ca/displayService.aspx?id=185529>
- Senior Support Services – Community Primary Health Care (CPHC) <https://cphcare.ca/>
- Lanark County Community Home Support <https://www.chslc.ca/>
- A Friendly Voice phone line for seniors <https://www.afriendlyvoice.ca/>
- Victim Services Leeds and Grenville – Senior Safety Program <https://www.vslg.ca/senior-safety-program.php>
- South East Local Health Integration Network (LHIN) <http://www.southeastlhin.on.ca/AboutUs.aspx>

Dual Diagnosis

- Brockville Mental Health Centre – Assertive Community Treatment Team (ACTT) Dual Diagnosis <https://www.theroyal.ca/patient-care-information/clinics-services-programs/community-mental-health>

- Brockville Mental Health Centre - Forensic Intensive Treatment Team for Dual Diagnosis Community Consultation – <https://www.theroyal.ca/patient-care-information/clinics-services-programs/mental-health-and-law>
- Developmental Services of Leeds and Grenville <https://developmentalservices.com/aboutus.cfm>
- Brockville and District Association of Community Involvement (BDACI) <https://www.bdaci.com/services-s4.php>
- Brockville and Area Community Living Association (BACLA) <https://www.bacla.ca/-who-are-we/>

Forensic

- Brockville Mental Health Centre - Forensic Intensive Treatment Team for Outpatients <https://www.theroyal.ca/patient-care-information/clinics-services-programs/mental-health-and-law>
- Brockville Mental Health Centre - Forensic Intensive Treatment Team for Dual Diagnosis Community Consultation – <https://www.theroyal.ca/patient-care-information/clinics-services-programs/mental-health-and-law>

Palliative and Bereavement

- Brockville General Hospital – Palliative Care Program – Counselling, Support and Bereavement <https://www.brockvillegeneralhospital.ca/en/patient-care/palliative-care-program.aspx>
- Lanark County Community Home Support <https://www.chslc.ca/>

Other Health Related

- South East Local Health Integration Network (LHIN) <http://www.southeastlhin.on.ca/AboutUs.aspx>
- Leeds, Grenville and Lanark District Health Unit <https://healthunit.org/>
- Alzheimer's Society of Lanark, Leeds and Grenville <https://alzheimer.ca/lanark/en/home>
- Canadian Cancer Society <https://www.cancer.ca/en/?region=qc>
- South East Health Line <https://www.southeasthealthline.ca/>
- Smoking Cessation <https://healthunit.org/health-information/smoke-free/>
- Smokers' Helpline <https://www.cancer.ca/en/support-and-services/support-services/quit-smoking/?region=on>

Other Support Services and Resources

- Leeds and Grenville Community and Social Services – Ontario Works, Discretionary Benefits, Subsidized Housing, Emergency Shelters, Home Ownership Program, Ontario Renovate Program and other services and benefits
<https://www.leedsgrenville.com/en/government/community-and-social-services.aspx>
- Ontario Disability Support Program (ODSP)
<https://www.southeasthealthline.ca/displayService.aspx?id=73368>
- Brockville Food Bank <https://operationharvestsharing.wordpress.com/donations/>
- Loaves and Fishes <https://www.southeasthealthline.ca/displayService.aspx?id=72958>
- CPHC Meals-on-Wheels – Hot Meals and Frozen Meals
<https://cphcare.ca/service/hot-meals/>
<https://cphcare.ca/service/meals-on-wheels/>
- Senior Support Services – Community Primary Health Care (CPHC) <https://cphcare.ca/>
- Employment and Education Centre (EEC) <https://www.eecentre.com/>
- Legal Clinic <https://www.legalclinic.ca/>
- Volunteer Centre – Free Income Tax Program <https://volunteercentre.ca/income-tax-program/>
- City of Brockville – Para Transit
<https://brockville.com/images/sitepics/Para%20Transit%20Brochure%20-%20Nov%202016.pdf>
- Salvation Army – Thrift Store and Emergency Assistance
<https://www.southeasthealthline.ca/displayService.aspx?id=73876>
<https://www.southeasthealthline.ca/displayService.aspx?id=73870>

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
- Anne Bishop – Becoming an Ally
- Richard Carlson, PhD – Don't Sweat the Small Stuff
- The 7 Habits of Highly Effective Families – Stephen R. Covey

- Martha Davis, PhD, Elizabeth Robbins Eshelman, MSW & Matthew McKay, PhD – The Relaxation & Stress Reduction Workbook
- The Brain that Changes Itself – Norman Doidge, MD
- Bhante Henepola Gunaratana – Mindfulness in Plain English
- John Gunderson, M.D. and Paul Links, M.D. - Handbook of Good Psychiatric Management for Borderline Personality Disorder
- Thich Naht Hanh – The Miracle of Mindfulness: An Introduction to the Practice of Meditation
- Erin L. Hawkes, MSc – When Quietness Came: A Neuroscientists’s Personal Journey with Schizophrenia
- Barry J. Jacobs, PsyD & Julia L. Mayer, PsyD – Meditations for Caregivers: Practical, emotional and spiritual support for you and your family
- Virginia Lafond – Grieving Mental Illness
- Joseph Lee, M.D. – Recovering my Kid
- Matthew McKay, PhD – Communication Skills
- The Book of Awesome – Neil Pasricha
- 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
- David Sheff – Beautiful Boy
- Nic Sheff – We all Fall Down
- Elyn R. Saks – The Center Cannot Hold: My Journey through Madness
- Self-compassion.org provides a reading list <https://self-compassion.org/resources-2/>
- 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
- Greg Wells, PhD – The Ripple Effect – Sleep Better, Eat Better, Move Better, Think Better
- Nicola Wright, et al- Treating Psychosis

EQUITY, DIVERSITY AND RACISM

- CAMH Immigrant and Refugee Mental Health Project <https://irmhp-psmir.camhx.ca/courses>
- Racism and Covid 19 <https://www.eenetconnect.ca/topic/racism-and-covid-19-resources-curated-by-camh-library>

- Crime Prevention Ottawa <https://mailchi.mp/495e59380c46/videos-and-slides-for-anti-racism-speaker-series-vido-et-diapositives-pour-les-sries-de-confrences-anti-racisme?e=57e925e8bb>
- Copeland Center interactive webinar to examine, discuss, and challenge issues related to cultural differences; consider the difference between being culturally sensitive and culturally responsive; learn self-care tools that will help them care for themselves as they continue this process; and explore ways to abandon thoughts and actions that interfere with how we interact with each other <https://copelandcenter.com/resources/microaggressions-and-becoming-culturally-responsive>
- National Newcomer Navigation Network: N4 is a national network for the diversity of providers who assist newcomers in navigating the complex Canadian healthcare and social service systems. We provide opportunities for professional development, education, virtual discussions, networking, and the sharing of data and resources. We aim to promote best practices in the field of newcomer navigation, with the ultimate goal of improving the experience of newcomers to Canada <https://www.newcomernavigation.ca/en/index.aspx>
- OCISO provides psychotherapy and counselling in 8 languages to culturally diverse clients. Following the recommendations of health authorities as of March 17, all OCISO in-person support services were suspended but services are continuing by phone at 613-725-5671 ext. 322 or pdavies@ociso.org. Patricia Davies, Counselling Program Manager, Ottawa Community Immigrant Services Organization
- PsychologicalScience.Org
https://www.psychologicalscience.org/topics/racism?utm_source=DBT+Training+and+Product+Updates&utm_campaign=4aca135200-EMAIL_CAMPAIGN_2018_10_26_04_31_COPY_01&utm_medium=email&utm_term=0_53621bb43c-4aca135200-66164799&goal=0_53621bb43c-4aca135200-66164799&mc_cid=4aca135200&mc_eid=b68073a300
- Books & Authors: Ta-Nehisi Coates - https://en.wikipedia.org/wiki/Ta-Nehisi_Coates and White Fragility – Robin DiAngelo
- Sick Kids, Toronto offers Cultural Competence Training <http://www.sickkids.ca/patient-family-resources/child-family-centred-care/Health-Equity-Cultural-Competence/Cultural-Competence-E-Learning-Module-Series/Cultural-Competence-E-Learning.html>
- Crime Prevention Ottawa at <https://mailchi.mp/495e59380c46/videos-and-slides-for-anti-racism-speaker-series-vido-et-diapositives-pour-les-sries-de-confrences-anti-racisme?e=57e925e8bb>
- Evidence Exchange Network for Mental Health and Addictions - Anti-Black Racism and Mental Health Resources at <https://www.eenetconnect.ca/topic/anti-black-racism-and-mental-health-resources>

- Jewish Family Services Ottawa, contact is Nadeen Almubarak at nalmubarak@jfsottawa.com or 613-722-2225 ext 421. For English/Arabic clients contact Nadeen for intake or for French/Creole/Spanish clients, contact Sabine Jean at 613-722-2225 ext 305
- Other resources suggested by Jewish Family Services Ottawa:
 - <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
 - <https://www.cymh.ca/en/projects/covid-19.aspx#English-resources>
 - https://www.ottawapublichealth.ca/en/public-health-topics/being-active-during-covid-19.aspx?utm_source=OPH&utm_medium=Friendly_URL&utm_campaign=Coronavirus&utm_content=Friendly_URL