

# Coping with COVID-19:

## Mental Health Resources for Healthcare Workers

During COVID-19 healthcare workers have experienced extraordinary circumstances with significant effects on their mental health. These mental health resources aim to help healthcare workers to support their own mental and physical health.

**This list includes resources that are:**

- evidence-based and electronically delivered
- developed with feedback from healthcare workers

<https://rgpc.ca/programs-services/coping-with-covid/>

		Confidential	Free	Flexible	One-on-one
<b>PSYCHOLOGICAL SUPPORT   Support delivered by a mental health professional</b>					
<b>Canadian Psychological Association</b>	The <a href="#">CPA</a> provides a contact list of licensed psychologists offering free therapy in a variety of languages to frontline health care providers in Canada. Calls will be returned within 24 hours.	✓	✓	✓	✓
<b>St. Joe's Mental Health Services for Healthcare Workers</b>	<a href="#">St. Joe's</a> connects healthcare workers with their local network of trained mental health clinicians through an online or phone referral process.	✓	✓	✓	✓
<b>MindBeacon</b>	<a href="#">MindBeacon</a> offers online cognitive behavioural therapy and personalized therapist-guided mental health resources for healthcare workers and residents of Ontario.	✓	✓	✓	✓
<b>MindShift™ CBT by Anxiety Canada</b>	<a href="#">MindsShift™ CBT</a> is a self-directed cognitive behavioural therapy app developed to reduce anxiety and promote mindfulness. Users listen to pre-recorded guided relaxation and mindfulness meditations.	✓	✓	✓	✗
<b>PSYCHOEDUCATION   Activities providing mental health education and information</b>					
<b>The Centre for Addiction and Mental Health</b>	<a href="#">CAMH</a> provides a suite of resources to support healthcare workers and their families. Resources include self-care tools, virtual care and professional help groups.	✓	✓	✓	✗
<b>Ontario Shores Centre for Mental Health Sciences</b>	The <a href="#">Health Care Worker Assist</a> program offers healthcare workers rapid access to mental health resources that enhance resilience and reduce symptom burden.	✓	✓	✓	✗
<b>Homeweb</b>	<a href="#">Homeweb</a> offers online tools specific to long-term care workers, including self-directed resilience training, a health and wellness library and e-courses. Resources include a toolkit for long-term care educators to support the mental health of their teams.	✓	✓	✓	✗
<b>MIND-BODY   Physical interventions for mental relaxation</b>					
<b>Down Dog</b>	A <a href="#">mobile app</a> that connects healthcare workers with online yoga, high-intensity interval training, meditation, Barre and pre-natal yoga sessions (free through January 2022).	✓	✓	✓	✗
<b>Resilience Recharge by AdvantAge Ontario</b>	An <a href="#">online collection</a> of recorded 30-minute sessions focusing on movement, breathing and mindfulness techniques for healthcare workers. Each week follows a different theme.	✓	✓	✓	✗
<b>WORKPLACE   Mental health initiatives facilitated in the workplace</b>					
<b>ECHO Care of the Elderly for LTC: COVID-19</b>	A series of <a href="#">videos</a> for leaders, managers, staff and team members to work through in order to build resilience and strengthen long-term care teams. Videos address burnout, loneliness, isolation, anxiety and stress.	✓	✓	✓	✗
<b>Workplace Strategies for Mental Health</b>	A series of facilitated workplace <a href="#">psychological workshops</a> complete with guides and handouts. There is also a mental health awareness email series.	✗	✓	✓	✗
<b>LTC+ Acting on Pandemic Learning Together</b>	A <a href="#">collaborative</a> of over 1500 retirement and long-term care homes across Canada, the LTC+ program focuses on creating pathways for teams to connect and learn from one another. Teams participate in webinar learning series, national huddles and peer support.	✗	✗	✓	✗

**If you, a loved one or colleague is experiencing a mental health crisis, please seek help immediately through COAST by calling 905.972.8338 or 9-1-1**



National Collaborating Centre  
for Methods and Tools  
Centre de collaboration nationale  
des méthodes et outils



School of Nursing