



Mental Health Resources



At CMHA Toronto, we are committed to protecting the health, safety and well-being of our community and every staff member, student, volunteer, service user, and family member we work with. With the amount of information and attention on COVID-19, we understand it can be overwhelming to find credible and accurate information, causing feelings of distress, fear and anxiety. To protect your mental health during this time, we have compiled a list of tips, tools and resources from our trusted CMHA branches, community partners and mental health agencies:

Mental Health Tips

- **CMHA Ontario** – [Five key mental health tips](#)
Provides five key mental health tips for individuals who may be experiencing increased stress and anxiety
- **Mental Health Commission of Canada** – [Five mental health tips to help Canadians](#)
Compiled five tips to help Canadians protect their mental health as they strive to safeguard their physical well-being and that of their loved ones
- **Jack.org** – [How to look out for your mental health during COVID-19](#)
Shares tips on how we can look out for our mental and physical health as we navigate tough times, together.
- **Kids Help Phone** – [Tips to cope with physical distancing](#)
Offers tips to cope with physical distancing to protect your mental health
- **Kids Help Phone** – [Ways to take care of your mental, emotional, physical and spiritual health](#)
Shares ways you can take care of your mental, emotional, physical and spiritual health while sharing a living space during the coronavirus outbreak
- **BounceBack** – [10 ways to reduce anxiety](#)
Provides 10 things you can do right now to reduce anxiety, stress and worry related to COVID-19



**Canadian Mental
Health Association**
Toronto

- **School Mental Health Ontario** – [Self-care 101 Tips](#)
Provides 10 daily self-care tips to do during this time
- **CAMH** – [Coping with stress and anxiety](#)
Offers strategies to maintain your mental wellness during the COVID-19 pandemic

Children's Mental Health Tips

- **Kids Help Phone** – [Tips for supporting young people](#)
Shares tips for supporting the young people in your life during this unprecedented time
- **Children's Mental Health Ontario** – [Tips to talking to your anxious child](#)
Shares tips to talking to your anxious child about COVID-19
- **CAMH** – [Talking to children about COVID-19 and its impact](#)
Offers ways to reassure children's fears about COVID-19

Tools and Resources to Help You Cope During COVID-19

- **CMHA Hamilton** – [Resource for mental wellness and social connection](#)
Apps, social connecting games, resources and online information to support your mental health
- **Take Care** – [Mental health resources for COVID-19](#)
A variety accessible and inclusive mental health resources for coping through COVID-19
- **Kids Help Phone** – [Coping with triggering news stories](#)
Shares tools and resources you can use to cope with triggering news stories
- **Kids Help Phone** – [Self-care checklist](#)
Shares a list of ways you can be a champion for your own mental health and well-being using a daily self-care checklist
- **Mental Health Commission of Canada** – [Self-care and resilience worksheet](#)
Created a self-care and resilience worksheet to help you integrate self-care practices into your daily routine.
- **Canadian Centre on Substance Use and Addiction & Mental Health Commission of Canada** – [Coping with stress, anxiety and substance use during COVID-19](#)



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Health Association**
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Offers tips and tools to help you calm your nervous system and temporarily relieve stress and anxiety

- **Bay Psychology** – [Tolerance for uncertainty: a COVID-19 workbook](#)
A guide to accept your feelings, tolerate distress and thrive during COVID-19