

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
PSYCHOLOGICAL SUPPORT Support delivered by a mental health professional					
Canadian Psychological Association	The CPA 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.	✓	✓	✓	✓
St. Joe’s Mental Health Services for Healthcare Workers	St. Joe’s connects healthcare workers with their local network of trained mental health clinicians through an online or phone referral process.	✓	✓	✓	✓
MindBeacon	MindBeacon offers online cognitive behavioural therapy and personalized therapist-guided mental health resources for healthcare workers and residents of Ontario.	✓	✓	✓	✓
MindShift™ CBT by Anxiety Canada	MindsShift™ CBT 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.	✓	✓	✓	✗
PSYCHOEDUCATION Activities providing mental health education and information					
The Centre for Addiction and Mental Health	CAMH provides a suite of resources to support healthcare workers and their families. Resources include self-care tools, virtual care and professional help groups.	✓	✓	✓	✗
Ontario Shores Centre for Mental Health Sciences	The Health Care Worker Assist program offers healthcare workers rapid access to mental health resources that enhance resilience and reduce symptom burden.	✓	✓	✓	✗
Homeweb	Homeweb 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.	✓	✓	✓	✗
MIND-BODY Physical interventions for mental relaxation					
Down Dog	A mobile app that connects healthcare workers with online yoga, high-intensity interval training, meditation, Barre and pre-natal yoga sessions (free through January 2022).	✓	✓	✓	✗
Resilience Recharge by AdvantAge Ontario	An online collection of recorded 30-minute sessions focusing on movement, breathing and mindfulness techniques for healthcare workers. Each week follows a different theme.	✓	✓	✓	✗
WORKPLACE Mental health initiatives facilitated in the workplace					
ECHO Care of the Elderly for LTC: COVID-19	A series of videos 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.	✓	✓	✓	✗
Workplace Strategies for Mental Health	A series of facilitated workplace psychological workshops complete with guides and handouts. There is also a mental health awareness email series.	✗	✓	✓	✗
LTC+ Acting on Pandemic Learning Together	A collaborative 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