



# Mental Health Resources

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This document is not meant to provide or take the place of medical advice, diagnosis or treatment, or legal advice.

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Many people in Ontario at one point or another have been affected by mental health related issues, and this number is only increasing while we continue to find ourselves in unprecedented and uncertain times. It is normal to feel increased levels of anxiety and stress due to the ongoing COVID-19 pandemic. As we see new restrictions being implemented, we see our social interactions declining once again. We understand that these restrictions have been put in place in order to protect the general public, the most vulnerable, and to not overwhelm our health care services, however with the uncertainty of our futures, the need for mental health resources has become an urgent matter to protect one's self and the people we love.

CAMH has released [strategies to maintain your mental wellness during the COVID-19 pandemic](#) to provide individuals with coping strategies which could be useful during this difficult time.

- [Stress and Anxiety](#)
- [Loss, Grief and Healing](#)
- [Stigma and Prejudice](#)
- [Quarantine and Isolation](#)

## **It's OKAY not to feel OKAY**

If you are feeling sad, anxious, confused, scared or angry at any time during the pandemic, this is completely normal and these are common responses to unexpected or stressful situations.

The City of Toronto has partnered with 31 organizations to help connect the public to free telephone, text and online mental health support during the COVID-19 pandemic. Through these partnerships, the city's Mental Health Support Strategy has been able to respond to varying needs of children and youth, seniors, frontline workers and those with intersectional identities, such as Indigenous, Black, persons with disabilities and LGBTQ+, who are struggling with isolation, stress and anxiety exacerbated by COVID-19 measures.

A list of **free** supports/resources made available by the city of Toronto to varying communities across the GTA:

- [Across Boundaries](#)
- [Barbra Schlifer Clinic](#)
- [Black Coalition for AIDS Prevention \(BlackCAP\)](#)
- [Breakaway](#)
- [Caribbean African Canadian Social Services](#)
- [Centre for Young Black Professionals \(CEE\)](#)
- [Crisis Text Line](#)
- [Distress Centre of Greater Toronto](#)
- [Family Services Toronto](#)
- [Generation Chosen](#)
- [Gerstein Crisis Centre](#)
- [Harriet Tubman Community Organization](#)
- [Hong Fook](#)
- [Kids Help Phone](#)
- [La Passerelle I.D.E.](#)
- [LGBT Youthline](#)
- [LOFT Community Services](#)
- [Native Child and Family Services of Toronto](#)
- [Ontario Psychological Association](#)
- [Stolen from Africa](#)
- [Strides Toronto](#)
- [TAIBU Community Health Centre](#)
- [The Access Point](#)
- [The Canadian Mental Health Association](#)
- [Toronto Rape Crisis Centre](#)
- [Toronto Seniors Helpline](#) (WoodGreen)
- [Wanasah Regent Park](#)
- [Warm Line](#) (Progress Place)
- [WoodGreen Community Services](#)
- [Young and Potential Fathers](#)

The government of Ontario has also provided a list of resources for people who are experiencing mental health and addiction issues. These resources are available to all Ontario residents and are accessible online or via phone.

- [ConnexOntario](#) (1-866-531-2600), Ontario's mental health, addictions and problem gambling help line, which can provide contact information for local mental health and addictions services and supports, including crisis lines.
- [Big White Wall](#), a 24/7 anonymous online education and discussion platform for mental health support.
- [bouncebackontario.ca](#) to access their guided self-help program using workbooks, with phone coaching support, or ask your primary care provider for a referral.

- Children and youth under 18 can locate mental health services through the [Ontario.ca](https://www.ontario.ca) and [Kids Help Phone](https://www.kidshelpphone.ca) websites, or contact the [Kids Help Phone](https://www.kidshelpphone.ca) (1-800-668-6868) or [Good2Talk](https://www.good2talk.ca) helplines for 24/7 support, if they need someone to talk to.
- [mindyourmind](https://www.mindyourmind.ca) is a mental health website with interactive tools and resources to build capacity and resilience for youth and young adults

\*If you are experiencing a mental health crisis, please contact 911 immediately or present to your nearest emergency department, or call 211 to be connected to mental health and other social services.

**Sources:**

- 1: [Mental Health and the COVID-19 Pandemic | CAMH](#)
- 2: [COVID-19: Mental Health Resources – City of Toronto](#)
- 3: [COVID-19 Fact Sheet: Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic \(gov.on.ca\)](#)

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at [www.ontario.ca/coronavirus](https://www.ontario.ca/coronavirus). Follow all directions from your medical provider or your local

health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675