

# Mental health resources during COVID19/Coronavirus

## (some Toronto/GTA-based)

*If you're experiencing a mental health crisis right now, please go to the very bottom of this doc*

Hi there! I've created a crowd-sourced document of some helpful and **free/low-cost** mental health resources to cope with COVID-19. In this time of uncertainty and rapid changes, some of us or our loved ones can be having a hard time with the news, loss of income and financial instability, health fears, feeling physically and emotionally isolated, and greater mental health issues.

This is a living document and is **shareable** so please feel free to use and share. Open editing is paused. But I will continue to update with new additions.

**The shorter link for sharing:** <http://takecare19.com>

It's okay to not be okay. Also, check on others as it affects us in different ways. This is my own way of coping, I hope it helps you or someone you know! ❤️

WEBSITE TO COME...

Started by Vivian Ngai ([vivian@byVivian.com](mailto:vivian@byVivian.com))/@byViviandesign if you need to reach me!

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## Information/Articles

- [Take Care | Care for Your Coronavirus Anxiety](#)
- [Keeping Your Distance to Stay Safe](#)
- [Coronavirus and your wellbeing](#)
- [Coronavirus: How to protect your mental health](#)
- [Mental Health and Coping During COVID-19](#)
- [How to Stay Emotionally Healthy During the Coronavirus Outbreak](#)
- [Taking care of your mental health during COVID-19](#)
- [COVID-19 & Your Mental Health - Resources](#) (some Vancouver-specific resources)
- [Mental Health and the COVID-19 via CAMH \(Centre for Addiction and Mental Health\)](#)
- [Managing Stress In This Anxious Time](#)
- [Tackling COVID-19 Anxiety](#)
- [Managing the COVID-19 Pandemic Panic](#)
- [Choosing sources of information carefully is critical to COVID-19 mental well-being says Mental Health Commission of Canada](#)
- [Coronavirus: How To Manage Your Mental Health During Self-isolation](#)
- [That Discomfort You're Feeling Is Grief](#) (Harvard Business Review)
- [Improving Mental Health During COVID-19](#)
- [COVID-19 Resources for Social Workers and Therapists](#)
- [Stop Trying to Be Productive](#) (New York Times) \*new\*

## Supporting Each Other/Community

- [Helping Others During the COVID-19 Pandemic](#) via Mental Health First Aid Canada
- [Be There - Mental Health Support](#) - How to support those around you
- [MDAO Forum](#) - Forum to chat with others for support
- [Huddle](#) - Free video-based peer support groups around COVID-19, starts March 23
- [Toronto Trauma Peer Support Network](#) - Facebook group to share resources, and get digital support for PTSD & complex PTSD
- [Re:Tell](#) a story sharing platform by [Real Campus](#).
- [Mental Health Pandemic](#) - Facebook group to share resources and information to help deal with our mental health during this time.
- [Anxious Times Support: A Drop-in Online Support Group](#) - a free therapist-led online drop-in group, at 2pm each Thursday in April. A safe space to share, be heard, and find new ways of supporting yourself to 'ride the waves' during the COVID-19 pandemic \*new\*
- [Christopher McKinnon](#) runs an online support group for people at risk of life-threatening complications of COVID-19 - \$150 for six weeks of 90-minute sessions (\$25 per session) \*new\*

## Mindfulness & Meditation

- [Headspace](#) is offering **free** meditations for COVID19
- [Balance](#) - (iOS) Until April 15th, they're offering a completely **free** one-year subscription to Balance to anyone who wants it. Email [access@balanceapp.com](mailto:access@balanceapp.com) for instructions
- [Prana Breath](#) (Android) - **free** app for guided breathing
- [Calm.com](#) is offering **free** meditations
- [Insight timer](#) - app for meditations with lots of great **free** meditations
- [Healthy Minds app](#) - Training your mind is the key to your emotional well-being, **free**
- [Sue Hutton Mindfulness](#) - **Free** online mindfulness events amidst COVID19 - every Friday 7-8PM (EST) via Zoom (*link goes to Facebook event page for more details*)
- [5 Shaolin Qi Gong Breath Exercises to Strengthen the Lungs](#)
- [Facing Pandemic Fears with an Awake Heart with Tara Brach](#) guided, video/audio
- [Centre for Mindfulness Studies](#) supporting our community during the Covid-19 by providing free and pay-what-you-can offerings \*new\*
- [Inkblot Meditation](#) live fully-guided video sessions.No experience is required. These sessions are completely free (for a limited time) \*new\*

## Being Active

- [Downdog](#) is offering all of their apps for **free** until May 1st (Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout)
- [Lululemon](#) is offering yoga and meditation videos, **free**
- [Peloton Digital](#) are now offering a 90 day free trial of their app
- [Wollendance](#) Cardio dance fitness class live & on-demand, offer 14-days free trial
- [8fit](#) offers quick home workouts

- [Wakeout](#) has fun 30s stretching & relaxation exercises, offers 7-days free trial
- [Nike Training Club](#) app is completely **free** and has amazing guided workouts
- [Daily Burn](#) is offering 2 months free of their online workout classes
- [Doyogawithme](#) offers **free** yoga classes for all different levels
- [Fitbit](#) is offering select Premium features for free; and extended trial of premium to 90 days

## Staying Creative

- [AGO \(Art Gallery of Ontario\) at Home](#)
- [12 Famous Museums offer virtual tours online](#)
- [Brit+Co](#) is offering all of their creative online classes for **free** for the next two weeks - use discount code SELFCARE at checkout
- [Vault Zine](#) is offering one **free** story with code TAKECARE at checkout
- [Oh You Pretty Things](#) - Filmmaker Gary Hustwit is streaming his documentaries free worldwide during the global COVID crisis
- [Scribd](#) is offering **free** book downloads for first 30 days of subscription
- [Scribe](#) is offering a **free** book writing course
- [Affinity](#) creative apps (similar to Photoshop, Illustrator, etc.) are completely free for three months, OR take 50% off if you want to buy
- [Montreal's Museum Of Fine Arts Has Free Online Art Therapy](#) - on their Facebook page every Friday (details in link)
- [Laura Horn Art's](#) Abstract Collage Creations course is free
- [Joel Salsa](#) has a free salsa class on fb; and [\\$1 trial classes](#)

## Online Learning

- [The Science of Well-Being](#) **free** 2-week MOOC from Yale designed to teach you how to build healthy habits and increase your happiness
- [Crescendo's](#) D&I Learning Platform is **free** for 6 weeks with learning tracks about: Connecting Pandemics & Xenophobia, COVID-19 & Socio-Economic Status, and Inclusive Remote Work
- [Edx](#) - **Free** online courses from top universities
- [38 Ways to Use the Library from Home](#) (Toronto Public Library)
- [Mind Control: Managing Your Mental Health During COVID-19](#) coursera free course by University of Toronto, starts Apr 3 **\*new\***
- [Stronger Minds by BEACON](#) is a free digital program for all Canadians – to support your mental well-being through the COVID-19 crisis, and will be available for all Canadians starting **Monday April 6th \*new\***

## Social Services

- [Ontario 211 | Community and Social Services Help Line](#) - Find programs and services within your community - call ahead in case they are closed (Ontario-based)
- [UHN Friendly Neighbour Hotline](#) 9-5 monday to friday; volunteers to deliver meds/groceries/essentials to low-income seniors in need;

## Working Better

- [Working Remote and Feeling Connected During COVID-19](#)
- [Care-based approaches to remote work](#) \*new\*

## Misc

- [Creeds](#) is offering **free** pick up and delivery for Laundry and Dry Cleaning for those in self-isolation. Call 416 923 2500 to arrange
- [99Strong](#) is offering **free** online physiotherapy consultations for aches and pains.
- [Flying Books](#) offering **free** shipping for books with the promo code AIRDROP within Toronto (buy 3 books and get a tote)
- [Ocean Voyager](#) live views from the Georgia Aquarium
- [Stay-at-Home Cinema](#) - collab between TIFF + Crave; a series from Crave's selection of titles, accompanied by conversations with special guests via IG. Crave is offering free 30-day trial for new users

## Online talk therapy

*(offering affordable therapy or promo)*

- [COVID19 Therapists](#) - Facilitating **free** mental health services for Ontario COVID-19 healthcare providers
- [Big White Wall](#) - is a **free**, online mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365
- [Good2Talk](#) - Good2Talk provides confidential support services for **post-secondary students** in Ontario and Nova Scotia. This hotline is also **free**.
- [Greenspace Mental Health](#) - finds you a therapist matched to your needs, available for GTA. Sessions in person or online video (therapy fees apply)
- [7 Cups](#) connects you to caring listeners for **free** emotional support 24/7; or be a listener for others
- [Talkspace](#) is offering \$65 off with code APPLY65
- [BetterHelp](#) offers \$40 to \$70 weekly plans (can also be via text or chat - not just video call) - US-based, but clients can be from anywhere
- [Inkblot](#) virtual therapy sessions (\$37.50/30 min sessions, first session is free)
- [Shift Collab](#), in-person and online options. Sliding scale options. Free initial consult call.
- [Real Campus Student Assistance Program](#) (run by Shift Collab). If you are a **University or College student** at eligible campuses you have access to free therapy sessions. Visit the website for eligibility [here](#).
- [Affordable Therapy Network](#) - offering reduced rates, low-cost, sliding scale online therapy options
- [Pathway-Therapy](#), in-person and online options. Currently offering sliding-scales to support a wider range of people during the COVID-19 pandemic.
- [Open Path Collective](#) - offering sliding scale individual (\$30-\$60) and couples and families (\$30-\$80) therapy options

- [New Creations Counseling](#) - offers online therapy for individuals and couples with sliding scale
- [Warm Line](#) peer support - Chat online, text or call a peer support worker. 8PM - midnight, every night; or text 647-557-5882 or call 416-960-WARM (9276)
- [Text4Hope](#) – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists -- **Text COVID19HOPE to 393939** (Canada only)
- [Zencare.co](#) - Vetted network of therapists in the **U.S.** offering sliding scale fees to support individuals and couples during the COVID-19 pandemic. Available in New York, Rhode Island, Massachusetts, Connecticut, New Jersey, California, Washington DC, Illinois, and Washington state *\*new\**

## Local therapy (Toronto)

*(offering sliding scale/affordable therapy)*

- [Toronto Institute for Relational Psychotherapy](#) - Low-cost therapy
- [Hard Feelings](#) - affordable shorter term therapy
- [Danielle Hulan Therapy](#) - Online therapy for individuals experiencing anxiety or depression, sliding scale available for those financially affected by COVID-19
- [being here. human](#) - Rachelle Bensoussan is a **bereavement clinician/grief therapist** for 12 years and offering 1:1 support via Zoom and hosting online grief writing workshops (one beginning March 30) and online group grief literacy trainings
- [Tynan Rhea](#), is a psychotherapist offering an online COVID-19 respite clinic
- [Respite Clinic](#) that is pay-what-you-can (no one will be turned away for lack of funds)
- [Balanced Mind & Wellness](#) phone and secure video counselling in GTA; offering reduced rates of 25% less until April 30, 2020
- [Kristy White](#) is a counsellor trained in psychotherapy, and currently providing pay-what-you-can counselling via phone/video
- [Toronto's Queer and Trans Therapist Listing](#)
- [Umbrella Mental Health Network](#) - a network of queer and trans-identified mental health professionals who work primarily in the lesbian, gay, bisexual, trans, queer, intersex, asexual, two-spirited (LGBTQIA2S) community within Toronto.
- [Nasima Salehe](#) providing low cost online therapy to help people during this crisis
- [Britt Caron Therapy](#) During COVID-19, is offering sessions exclusively via phone and video, and offering **pay-what-you-can** sessions during this time *\*new\**
- [Yzobela Hyett](#) offering individual online/phone therapy, and is able to offer sliding scale to individuals who are financially impacted by Covid-19 *\*new\**
- [Matt Eldridge](#) able to offer sliding scale options for those impacted by COVID *\*new\**
- [Christopher McKinnon](#) is offering numerous COVID-19 specific offerings including focused counselling for anxiety and depression - \$25 per 30-minute session; and sliding scale individual psychotherapy (\$75 to \$165). Also a support group for those at risk during COVID19 (*see Supporting each other section above*) *\*new\**

## Crisis lines

- [Crisis Text Line](#) is free and available 24/7
  - Canadians text “686868”
  - Text HOME to 741741 to connect with a (COVID-19) Crisis Counselor
- [Toronto Distress Centre](#)
  - GTA: 416-408-4357 (HELP)
    - Emotional support service for those with chronic mental health problems; Support & crisis intervention services for those currently experiencing distress or in crisis; Family violence response; Suicide prevention services; Emergency intervention and response
- [Kids Help Phone](#) - text, phone, chat and other forms of support for **young people**, 24/7 and in English and French
  - 1-800-668-6868
- [Assaulted Women’s Helpline](#), free at 1-866-863-0511 or TTY 1-866-863-7868
  - #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile
- [National Aboriginal Circle Against Family Violence](#)
- Senior Safety Line - 1-866-299-1011 (toll-free)
- [The Gerstein Centre](#) (non-medical mental health crisis supports): 416-929-5200
- [Lists of Toronto and GTA-based crisis and suicide lines](#)
- [GTA Crisis Resources](#)
- Mental Health Crisis Line (Canada Wide): 1-888-893-8333
- [Canadian, US and, International mental health hotlines](#)

**If you’re in immediate danger, please call 911**