

## Mental Health Organizations and Services

ORGANIZATION	CONTACT INFORMATION	DESCRIPTION OF SERVICE
<b>FeelingBetterNow</b>	<a href="http://feelingbetternow.com">feelingbetternow.com</a>	FeelingBetterNow is an online resource available to eligible OTIP members that helps employees identify mental health issues. FeelingBetterNow has compiled several online resources to help OTIP members and their families during the uncertainty of COVID-19.
<b>Beacon</b>	<a href="http://mindbeacon.com">mindbeacon.com</a>	The University of Toronto is offering a free course titled Mind Control: Managing Your Mental Health During Covid-19. This course will help you understand the anxiety reaction as it relates to aspects of our current life and will provide strategies for managing and turning off the anxiety response for short periods of time. Course begins April 17 and offers flexible deadlines.
<b>CAMH</b>	<a href="http://camh.ca">camh.ca</a>	This resource offers FAQs, helpful information on managing stress and anxiety, suggestions for quarantine and isolation and information on the stigma and prejudice that can be associated with COVID-19.
<b>CMHA</b>	<a href="http://cmha.ca">cmha.ca</a>	The Canadian Mental Health Association has several online resources to address anxiety and support mental health concerns during the COVID-19 pandemic.
<b>Big White Wall</b>	<a href="http://bigwhitewall.com">bigwhitewall.com</a>	Supported by the Government of Ontario, this anonymous community allows members to support one-another while having 24 hours a day, seven days a week access to trained practitioners. This virtual platform is a safe place to talk, share and support others like you, while gaining access to mental health resources.
<b>Bounce Back Ontario</b>	<a href="http://bouncebackontario.ca">bouncebackontario.ca</a>	This free, skill-building program is designed to help adults and youth manage low mood, mild to moderate depression and anxiety, stress and worry. Bounce Back Ontario offers online videos and over-the-phone coaching, providing tools to support you on your path to mental wellness.
<b>Homewood Health</b>	<a href="http://homewoodhealth.com/health-centre">homewoodhealth.com/health-centre</a>	Homewood Health Centre is one of the largest mental health and addiction facilities in the country offering programs that are specialized, unique, and national in scope. Our programs include one of the country's most recognized addiction programs that also delivers care for co-occurring diagnoses; the only inpatient program exclusively focused on Post-traumatic Stress Disorder; and the largest eating disorders program in Canada—treating Anorexia Nervosa and Bulimia Nervosa.
<b>PSAC</b>	<a href="http://psacunion.ca">psacunion.ca</a>	The Public Service Alliance of Canada offers mental health resources for people struggling with their mental health during this challenging time.
<b>Ontario Shores</b>	<a href="http://ontarioshores.ca">ontarioshores.ca</a>	Ontario Shores Centre for Mental Health Services provides specialized assessment and treatment for those living with mental illness. Patients benefit from a caring environment built on compassion and hope.
<b>Shoppers Drug Mart</b>	<a href="http://shoppersdrugmart.ca">shoppersdrugmart.ca</a>	Shoppers Drug Mart offers quick tips on how to cope with the mental and physical stress of COVID-19.