

CATHOLIC TEACHERS' MENTAL HEALTH SERIES

Additional Resources

RESOURCE	DESCRIPTION	LOGIN DIRECTIONS/INFORMATION
Available at catholicteachers.ca		
Catholic Teachers' Mental Health and Wellness Series	<p>It is important to self-reflect and take seriously your own mental health needs. To support Catholic teachers and help you reflect on your mental health and wellness, the Association has developed the Catholic Teachers' Mental Health and Wellness Series.</p> <p>This series includes the following resources:</p> <ul style="list-style-type: none"> • Distinguishing Mental Health and Mental Illness • Understanding Stress • Understanding Mental Illness • Understanding Anxiety and Depression • Strategies to Promote Mental Health and Wellness 	<p>You can access the resources in this series via the Mental Health and Wellness section of the Members' Area at catholicteachers.ca.</p>
Catholic Teachers' Safer Spaces Series	<p>This series helps members understand psychological safety and its relationship to mental health in classrooms and union contexts:</p> <ul style="list-style-type: none"> • Understanding Psychological Safety in Classrooms and Beyond • Understanding Trauma • Being a Trauma-informed Release Officer 	<p>You can access these resources in the Members' Area at catholicteachers.ca.</p>
Accessibility, Inclusion, Diversity, and Equity (AIDE) Resources	<p>These resources help members navigate issues around equity, inclusion, diversity, and accessibility for all students and staff.</p> <p>Resources include:</p> <ul style="list-style-type: none"> • Inclusive Language • AIDE in Catholicism • 2SLGBTQIA+ and Coming Out • Gender Pronouns • Your Professional Obligations: Understanding the Impact of the N-Word in Catholic Schools 	<p>You can access the resources in this series via the Accessibility, Inclusion, Diversity, and Equity (AIDE) section of the Members' Area at catholicteachers.ca.</p>

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Dental, Health, and Paramedical		
<p>Ontario Teachers Insurance Plan (OTIP) Website</p>	<p>The OTIP website contains your benefit information, including health and dental coverage. You can also file your health claims online.</p>	<p>You will need your OTIP identification number and password to access the OTIP website. If you are unable to access the website, please use the website's Contact Us section to request assistance or call 1-866-783-6847.</p>
<p>OTIP Early Intervention Program</p>	<p>Early Intervention is a confidential support program, offered at no cost through your LTD plan, which provides support and assistance while you are on a short-term leave. Your participation in the Early Intervention Program may help you in your return to work or help you to transition to LTD. Your participation does not affect future LTD claim submission(s) and is optional.</p>	<p>Your local unit president/designate may reach out to review your case and/or medical history to determine if this program is a fit for you. Contact your local unit office if you have any questions or believe you may be eligible.</p>
<p>ELHT Mental Health Benefits/Providers</p>	<p>You can find mental health practitioners covered through the Employee Life and Health Trust (ELHT) – your provincial benefits plan – via the ELHT section of the Members' Area at catholicteachers.ca.</p>	<p>You need your OTIP login information.</p>
<p>Employee Assistance Plan – Employer Provided</p>	<p>Your employer will likely have its own Employee Assistance Plan. The services offered vary from board to board. Reach out to your local unit office for information related to this resource.</p>	<p>Ask your local unit office for a brochure specific to your board.</p>
<p>Long-term Disability Plan</p>	<p>If you have used all your sick days and short-term disability days, you may be eligible for long-term disability. This is a lengthy application process done through OTIP.</p>	<p>Your local unit office will be able to provide you with all the necessary forms and guide you through this process. If you believe that you will need to access this resource, you must begin the application process at least 12 weeks prior to the end of your short-term disability leave.</p>

RESOURCE	DESCRIPTION	LOGIN DIRECTIONS/INFORMATION
<p>Wellness Services Links to resources are also available through otip.com. These services are available to members at any time, regardless of leave status.</p>		
<p>Carepath Digital health</p>	<ul style="list-style-type: none"> • Carepath is a health care navigation service that provides comprehensive and personalized care to members and their families with cancer. • Helps with understanding the diagnosis, provides information on test results, recommends possible treatment options and provides ongoing supportive counselling. • Follows the most up-to-date guidelines for cancer treatment and care to ensure the best possible outcomes. 	<p>See: There is no cost to members or their immediate family as this is one of the many value-adds that OTIP offers.</p> <p>For a partner in cancer care, call Carepath at 1-800-290-5106.</p>
<p>Starling Minds – Digital Mental Health Support</p> <p>Starling – Return to Health</p>	<p>Starling Minds was created specifically for members of the education community.</p> <ul style="list-style-type: none"> • Online CBT-based, self-directed educational tool • Easily accessible, private, and secure • Helps develop practical skills to manage day-to-day life • Includes a self-assessment that can help you determine which supports would be best for you. This two-minute video describes the resource • Strong return-to-work focus • Supports members during recovery and throughout the return-to-work journey 	<p>Visit the Starling Minds portal for OECTA members to get started, and use the access code OECTAMEMBER to register for your own online account.</p>
<p>OTIP - Lead Pharmacist Services</p>	<ul style="list-style-type: none"> • Assists members with treatment optimization • Review early intervention and LTD claim files to identify drug therapy issues • Contact members to discuss their treatment plan • Provide recommendations (if applicable) to treating physicians • Strives to ensure members receive the most effective and safe treatment 	<p>Visit the MemberRX website for more information and to access this service.</p>

RESOURCE	DESCRIPTION	LOGIN DIRECTIONS/INFORMATION
Additional Health Resources Available in Ontario		
School Mental Health Ontario	School Mental Health Ontario works with Ontario school districts to support student mental health. This website has many free resources for your classroom, which could also support your own mental health.	
TheHealthLine	This website outlines health services available by region in Ontario, should you be looking for supports close to home.	
Resources Specific to Indigenous and Equity-deserving Groups		
First Nations, Métis, and Inuit		
Hope for Wellness Helpline	<p>Both telephone and online chat services are available in English and French. Telephone support is also available upon request in:</p> <ul style="list-style-type: none"> • Cree • Ojibway (Anishinaabemowin) • Inuktitut 	
Native Women’s Centre – Emergency Shelter – Hamilton Ontario	The Native Women’s Centre provides safe, emergency shelter for all women regardless of age, ancestry, culture, place of origin, or sexual orientation, with or without children, who are experiencing crisis in their lives due to family violence, homelessness, or conflict with the law.	

RESOURCE	DESCRIPTION
<p>Indian Residential School Survivors Society</p>	<p>The Indian Residential School Survivors Society is a provincial organization with a 20-year history of providing services to Indian Residential School Survivors. This website contains a lot of different resources, including:</p> <ul style="list-style-type: none"> • FAQs • Services • News
<p>Talk4Healing</p>	<p>Talk4Healing is a culturally grounded, fully-confidential helpline for Indigenous women available in 14 languages across Ontario. Their emergency number is 1-888-200-9997.</p>
<p>The Healing of the Seven Generations</p>	<p>The Healing of the Seven Generations assists Indigenous Peoples residing in the Region of Waterloo and surrounding areas. They work with individuals and families who are suffering the intergenerational impacts of the residential school system. This includes growing up in dysfunctional families; emotional, physical, sexual, and spiritual abuses; poor self-esteem or poor self-image as an Indigenous person; loss of culture; lack of awareness of cultural identity, teachings, values, and traditions; poverty; and addictions.</p>
<p>Kids Help Phone</p>	<p>Provides a texting option for Indigenous youth and adults to connect with a First Nations, Métis, or Inuit crisis responder. Youth text 68-68-68 and adults text 741-741, with the words “First Nations,” “Métis,” or “Inuit” to be connected to a crisis responder from their nation, if one is available (Indigenous crisis responders are not guaranteed but will be prioritized).</p>
<p>Tungasuvvingat Inuit</p>	<p>Tungasuvvingat Inuit (TI) is an Inuit-specific, urban services provider that offers community supports for Inuit of all ages. Finding your way through the urban systems and getting the support you need is what TI does. They are there for you as you build your life in the south and work to keep you connected to your culture in the north.</p>

RESOURCE	DESCRIPTION
Various Identities	
<p>Canadian Mental Health Association (CMHA)</p>	<p>The CMHA provides mental health supports, including specialized resources for a variety of different equity-deserving groups.</p> <ul style="list-style-type: none"> • Lesbian, Gay, Bisexual, Trans, and Queer Identified People and Mental Health • Health Equity Impact Assessment • Enhancing Our Capacity to Support Refugees • Equity Matters to Mental Health
Racialized Groups	
<p>Therapist Directory – Healing in Colour</p>	<p>This directory lists therapists who are persons of colour and who have agreed to Healing in Colour’s Statement of Values.</p>
<p>Naseeha</p>	<p>Naseeha is a mental health hotline that answers calls from Muslims and non-Muslims. They also provide workshops to youth across North America, web therapy sessions, and offer mental health support via text message, seven days a week.</p>
<p>Black Health Alliance – Community Services Hub</p>	<p>The Black Health Alliance is a community-led registered charity working to improve the health and well-being of Black communities in Canada. Building on their track record as an effective mobilizer and champion, the organization continues to grow as a movement dedicated to change. Driven by groundbreaking research, strong partnerships, and people, this movement continues to build innovative solutions to improve Black health and well-being, and mobilize people and financial resources to create lasting change in the lives of Black children, families and communities.</p>

RESOURCE	DESCRIPTION
Ability/Disability	
Community Living Ontario – Inspiring Possibilities	<p>Community Living Ontario is a non-profit provincial association that has been advocating for people who have an intellectual disability and their families for more than 65 years. They proudly work alongside more than 100 local agencies and advocate on behalf of more than 80,000 people across Ontario. The organization creates networking opportunities and promotes positive change through public policy and advocacy, providing expertise and resources to decision-makers, educators, local members, families and self-advocates.</p>
2SLGBTQIA+ Communities	
Rainbow Health Ontario	<p>Rainbow Health Ontario creates opportunities for the health care system to better serve 2SLGBTQIA+ communities. The website features the following resources:</p> <ul style="list-style-type: none"> • Service Provider Directory • Education and Training
Umbrella Mental Health Network	<p>UMHN is a network of Queer and Trans-identified mental health professionals who serve the 2SLGBTQIA+ community. The team is described as, “highly skilled, compassionate, radical psychotherapists and social workers who have shared expertise in supporting and promoting health and wellness within a 2SLGBTQIA mental health framework”.</p>
Faith-based Resources	
Imagine: A Guide to Jesuit Prayer – America Magazine	<p>In this podcast, Tucker Redding, S.J., guides listeners through a form of prayer called Ignatian Contemplation, in which you use your imagination to see and interact with various scenes from scripture. Drawing upon the Spiritual Exercises of St. Ignatius, this series will help you engage with scripture in a new way by bringing these stories to life.</p>
The Sanctuary Course for Catholics – Sanctuary Mental Health Ministries	<p>This eight-session course – designed for use in small groups – explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. The sessions are accompanied by compelling films that feature the stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists.</p>

RESOURCE	DESCRIPTION
Jesuit Resource – Free Online Resources	This website has multiple resources, including a multi-faith calendar of religious holy days, prayer index, quote index, seminars, speeches, daily reflections, keynote addresses, and more.

Additional Resources Mental Health and Wellness

Topic	Description
Your Mental Health Matters – OECTA Website	Your Mental Health Matters – OECTA Website Access great resources and links to pre-recorded webinars on mental health via the Your Mental Health Matters section of the Members’ Area at catholicteachers.ca .
Mental Health Resources from OTIP	OTIP has compiled a list of resources to help connect you with the supports you need. Some examples include: <ul style="list-style-type: none"> • Mental Health Organizations and Services • Mindfulness and Meditation Resources • Mental Health/Crisis Line Telephone Services • Finances • Helping Young Children • Youth Resources
Links to Mental Health Podcasts – OECTA Website	This is a longer list, with a variety of podcasts and their descriptions, so you can select the one(s) most suited to your needs.
Insight Timer (Free App)	Free app for sleep, anxiety, and stress. Includes links to many live free webinars.

<p>Headspace: Be Kind to your Mind</p>	<p>Headspace is a mindfulness app that offers guided meditations and exercises to help users manage stress, improve focus, and enhance overall well-being. It provides tools for better sleep, increased mindfulness, and personal growth. By incorporating these practices into daily routines, users can cultivate a more balanced and peaceful lifestyle (this app requires a paid subscription).</p>
<p>Breethe</p>	<p>Breethe’s content is developed by qualified professionals to create the most effective and supportive experience. Breethe gives you more ways to tune out, wind down, and drop off, including meditations, hypnotherapy, stories, music, and sounds.</p>
<p>Measure Workplace Stress App – Occupational Health Clinics for Ontario Workers Inc.</p>	<p>The Occupational Health Clinics for Ontario Workers Inc. has created an app which asks users 25 questions about work demands, organizational factors, relationships, workplace values, health and safety concerns, stress symptoms, and offensive behaviours. On the results page, each item is scored in comparison to a reference population, so you can see how you compare. For items where your score is lower than the reference population, you can click on an icon that takes you to a pop-up that describes some ideas on dealing with that factor.</p>
<p>For Your Classroom</p>	
<p>School Mental Health Ontario</p>	<p>School Mental Health Ontario has many excellent resources related to mental health in many contexts, including:</p> <p>smho-smso.ca/blog/online-resources/kindergarten-connections/</p> <p>smho-smso.ca/blog/online-resources/the-first-10-days-and-beyond/</p> <p>smho-smso.ca/blog/online-resources/communication-strategies-to-support-the-mental-health-of-students-with-special-education-needs/</p> <p>smho-smso.ca/blog/online-resources/tip-sheet-how-to-foster-and-maintain-supportive-spaces-for-black-youth/</p> <p>smho-smso.ca/blog/online-resources/listen-believe-act-support-for-students-who-have-been-disproportionately-impacted-by-covid-19/</p> <p>smho-smso.ca/blog/online-resources/supportive-resources-for-adult-allies/</p> <p>smho-smso.ca/blog/online-resources/tip-sheet-how-to-support-a-mentally-healthy-back-to-school-for-your-child/</p>

<p>Canadian Mental Health Association</p>	<p>The Canadian Mental Health Association provides links to a variety of mental health-related resources that can help teachers support students with mental health challenges.</p>
<p>Helping Students Deal with Trauma related to Geopolitical Violence and Islamophobia: A Guide for Educators – City of Toronto</p>	<p>This guide is a sincere attempt to help teachers and guidance counselors in the assessment, assistance, and support of students dealing with grief, fear and confusion as a result of Islamophobia and geopolitical issues. This guide will assist educational professionals in understanding the impact of hate, war trauma, secondary trauma, and terrorism. This guide will not answer all questions, nor provide a prescription for solving all the challenges a young person may face. The aim, rather, is to foster empathy that can assist affected youth in finding a successful and productive way of life.</p>
<p>How to Help Students After Tragic Events – School Mental Health Ontario</p>	<p>This resource from School Mental Health Ontario helps educators respond to tragic events in an appropriate manner. It includes hyperlinks to additional information that might be useful to you and your staff.</p>

Private Organization Resources

Note: the resource(s) below are included for your information and awareness. This does not constitute endorsement of the organization, nor its parent corporation.

<p>Mental Health – Shoppers Drug Mart</p>	<p>Shoppers Drug Mart has a mental health website which includes:</p> <ul style="list-style-type: none"> • Mindfulness Meditations • Articles • Resources • Programs • Services • And more 	<p>Free access</p>
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