**Taddle Creek Family Health Team May 2020: COVID Resources for Adults, Families, Children and Seniors**

**COVID-19 | Mental Health Resources for ADULTS |**

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm

call (416) 595-9618 to connect to a counsellor https://familyservicetoronto.org/

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19

https://takecare19.com/

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology

https://www.baypsychology.ca/workshops download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera

https://tinyurl.com/yad89897

Mental Health and the COVID-19 Pandemic Resource Guide (CAMH) | This site is designed to provide information and suggestions about how best to cope during the pandemic.

https://www.camh.ca/en/health-info/mental-health-and-covid-19

My Grief | 9 modules designed to aid in understanding and working through grief www.mygrief.ca

What’s Your Grief | Blog posts, webinars, e-courses re: grief for adults. www.whatsyourgrief.com

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

Mind Control: Managing Your Mental Health During COVID-19 | Free enrollment in a University of Toronto online

course (approx. 3 hours to complete) https://www.coursera.org/learn/manage-health-covid-19?

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)

https://www.coursera.org/learn/the-science-of-well-being

Coping with COVID: The Compassionate Mind webinar (1.5 hours) by Dr. Yotam Heineberg

https://concept.paloaltou.edu/coping-with-covid-the-compassionate-mind/

Acceptance & Commitment Therapy (ACT) FACE COVID video | How to respond effectively to COVID-19

https://www.youtube.com/watch?v=BmvNCdpHUYM

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Dan Harris' 10% Happier Coronavirus Sanity Guide https://www.tenpercent.com/coronavirussanityguide

Self-Compassion with Dr. Kristin Neff https://self-compassion.org/

Centre for Mindfulness Studies’ COVID-19 Pandemic: Mental Health Toolkit for Challenging Times | Articles, guided meditations and videos https://www.mindfulnessstudies.com/mindfulness\_resources\_during\_covid19/

Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions.

https://www.signupgenius.com/go/10c0c4aa4af29ab9-free

Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations

https://soundcloud.com/jack-kornfield

Rick Hanson’s Being Well Podcast | Episodes focused on meditation, neuroscience

https://www.rickhanson.net/being-well-podcast/

https://www.rickhanson.net/being-resilient-during-coronavirus/

Tara Brach’s Pandemic Care Resources| Guided meditations and talks that help foster self-compassion,

openheartedness and an inner refuge. https://www.tarabrach.com/pandemic/

Insight Timer | Free meditation app for stress, anxiety, sleep, etc. https://insighttimer.com/

Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience https://tryhealthyminds.org/#program

INNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY | APPS

Bounce Back | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages https://bouncebackontario.ca

Mind Beacon | Digital therapy that is personalized and guided by a registered mental health professional

https://www.mindbeacon.com/

AbilitiCBT by Morneau Shepell | Digital therapy that is self-directed with monitoring from a therapist

https://ontario.abiliticbt.com/home

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS

Big White Wall | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings https://www.bigwhitewall.com

CAMH online peer-to-peer discussion forum | a space where one can offer support, encouragement and share their

experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm

https://covid19.camhx.ca/mod/forum/view.php?id=1

Nike Training Club | More than 185 free workouts for all skill levels

https://apps.apple.com/us/app/nike-training-club/id301521403

YMCA Health & Fitness Videos https://ymca360.org/on-demand

Yoga – Free Videos from Lululemon https://shop.lululemon.com/story/yoga-videos

Yoga with Adriene | Variety of yoga videos, including relaxation, meditation, restorative

https://www.youtube.com/user/yogawithadriene

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools https://mysleepwell.ca/

Canadian Public Health Initiative about sleep (English & French) https://sleeponitcanada.ca/

Audible | a collection of free audio experiences to help aid relaxation and sleep

https://www.audible.ca/ep/sleep

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:

https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home

GOOD NEWS

Good News Network – positive news stories from around the world. https://www.goodnewsnetwork.org/

Some Good News – John Krasinski’s YouTube channel highlights positive stories

https://www.youtube.com/channel/UCOe\_y6KKvS3PdIfb9q9pGug

**COVID-19 | Mental Health Resources for CHILD/YOUTH/FAMILIES | May 2020**

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MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING

What’s Up Walk-in Counselling | Immediate counselling by phone or video for children/youth and their families

Mon-Fri 9am-7pm | 1-866-585-6486. https://www.whatsupwalkin.ca/

Kids Help Phone | Information and counselling 24/7 for children/youth | 1-800-668-6868 https://kidshelpphone.ca/

GOOD2TALK | Supportive counselling by phone & text 24/7 for post-secondary students https://good2talk.ca/

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19

https://takecare19.com/

MENTAL HEALTH & COVID-19 WEBSITES / STORIES / WORKBOOKS / VIDEOS

Coping Skills for Dealing with the Coronavirus | A collection of coping skills for children and families to help deal with anxiety and stress related to COVID-19 (including a free Coping Skills Family Activity e-book)

https://copingskillsforkids.com/coping-with-coronavirus

7 Ways to Maintain Relationships During Your School Closure | Teachers share strategies for maintaining

relationships, both peer to peer and student-teacher during COVID-19

https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure

Mindheart | COVIBOOK is a book for kids under the age of 7, made to support and reassure | Available in multiple

languages https://www.mindheart.co/descargables

My Hero is You | An empowering book about how kids can fight COVID-19 | A collaboration between WHO, UNICEF,UNHCR, UNESCO https://tinyurl.com/yxxm4x9q

The Story of the Oyster and the Butterfly: the Coronavirus and Me | Uplifting story for young children (available on

YouTube by searching title of book) https://parent-to-parent.org/news/the-oyster-the-butterfly/

Time to Come in, Bear | A Children’s Story about Social Distancing (2 min)

https://www.youtube.com/watch?v=DA\_SsZFYw0w

Brian Doyle’s TEDx Talk on gratitude (for youth - 8 min). https://www.youtube.com/watch?v=QNfAnkojhoE

Mind Your Mind | Interactive tools, information and interviews re: mental health and wellness, targeted at youth 14+

https://mindyourmind.ca/

Jack.org | COVID-19 Youth Mental Health Resource Hub & Be There | Tools to help take care of mental health

https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca & https://bethere.org/Home

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology | Appropriate for older, mature youth

https://www.baypsychology.ca/workshops download in either English or FrenchTAL HEALTH & COVID-19 PARENT/CAREGIVER RESOURCES / GRIEF

Child Mind Institute | Supporting Families During COVID-19 | Comprehensive information for families re: anxiety,

discipline and behaviour, self-care, grief and loss, etc. https://childmind.org/coping-during-covid-19-resources-forparents/

COVID with KIDS | A toolkit for coping with kids at home during the COVID-19 pandemic

https://www.covidwithkids.org/

Coronavirus Talking Points for Parents & Teachers with the Whole-Brain Child Approach | Dr. Tina Payne Bryson

https://tinyurl.com/ybt9cadc

Bestow | 30 gratitude games & art activities for kids to practice thankfulness https://bestow.com/blog/gratitude-games/

From fear to hope – COVID-19 Workbook | A guide for parents supporting children’s mental health

https://otherlifelessons.com/collections/covid19workbooks/products/fromfeartohopeworkbook

Turn Your Demanding Child into a Productive Co-Worker | New York Times Article | Some lessons from global cultures re: raising cooperative/generous kids

https://www.nytimes.com/2020/04/30/parenting/children-helping-at-home-coronavirus.html

Dr. Gordon Neufeld | Expert in child development and parent | Blog articles for parents https://neufeldinstitute.org/blog/

Dr. Neufeld’s Parenting Through the Pandemic YouTube talk https://www.youtube.com/watch?v=HNnXutm7p4g

Dr. Laura Markham | Author and parenting expert | Your blueprint for discipline during the coronavirus article & other blog posts https://www.ahaparenting.com/blog/discipline-during-coronavirus

School Mental Health Ontario | Mental health resources for children and families https://smho-smso.ca/covid-19/

Bereaved Families of Ontario (Toronto) | Individual & support groups for youth & adults who have lost a loved one (for any reason) https://www.bfotoronto.ca/

What’s Your Grief | Blog posts, webinars, e-courses re: grief for adults www.whatsyourgrief.com

My Grief | 9 modules designed to aid in understanding and working through grief for adults www.mygrief.ca

Children & Youth Grief Network | Resources for families, including e-courses www.childrenandyouthgriefnetwork.com

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Mindfulness for Youth | Guided meditations, videos, blog and other resources http://mindfulnessforteens.com/

Plum Village | A global community of mindfulness founded by Zen Master Thick Nhat Hanh | For the whole family

https://plumvillage.org/

Inward Bound Mindfulness Education | For teens & young adults | Guided meditations, retreat recordings, videos,

online retreats https://ibme.com/

Youth Mindful | Private therapy clinic for youth offering a free consult and a 1-hour “pay what you can” Introduction to Youth Mindfulness 1:1 session for youth | https://www.youthmindful.com/

Healthy Minds Program | For Youth | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience https://tryhealthyminds.org/#program

Smiling Mind | Mindfulness App for stress, sleep, wellbeing for kids, youth & adults https://www.smilingmind.com.au/

Insight Timer | For kids, youth & parents | Free meditation app for stress, anxiety, sleep, etc. https://insighttimer.com/

AUDIOBOOKS / PODCASTS FOR KIDS & YOUTH

Audible | Free streaming of stories for children & youth while schools are closed www.stories.audible.com/discovery

But Why | Podcast aims to answer kid questions about everything, such as nature, politics, culture, science, etc.

Available on Apple, Google, Stitcher, NPR

Circle Round | NPR podcast for kids 4-10yrs old adapts folk stories from around the world | Available on Apple,

Google, NPR

Radiolab for Kids | NPR Radiolab’s most family-friendly content from the archives for kids & youth | Available on Apple,

Google & NPR

Eleanor Amplified | For kids 8-12yrs old | A world famous radio reporter who foils the devious plots of villains with her dogged investigations | Available on Apple, Google, Stitcher

Earth Rangers | For kids interested in nature, animals, ecosystems www.earthrangers.com/podcast

Smash Boom Best | A debate show for kids and families who want to decide which is best www.smashboom.org

Forever Ago | A history show for the whole family exploring the origin of one thing per episode

www.brainson.org/pages/foreverago

Brains On | Science podcast for kids and tweens www.brainson.org/pages/listen

The Saturday Morning Cereal Bowl | Weekly music show with interviews for the whole family

www.saturdaycerealbowl.podbean.com

Part-time Genius | Podcast for curious tweens and teens who want to dive into various topics | Available on Apple,

Google, Stitcher

TED Talks Kids + Family | Episodes to watch as a family www.ted.com/playlists/314/talks\_to\_watch\_with\_the\_entire

NPR Youth Radio | Podcast stories from young essayists and reporters about their experiences | For mature youth

www.npr.org/series/4692815/yr-media

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY FOR YOUTH

Bounce Back | For youth 15+ | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages

https://bouncebackontario.ca

Mind Beacon | For youth 16+ | Digital therapy that is personalized and guided by a registered mental health professional https://www.mindbeacon.com/

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS FOR YOUTH

Big White Wall | For youth 16+ | Anonymous online community, a place to connect to others on forums, complete a

self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to

express feelings https://www.bigwhitewall.com

CAMH online peer-to-peer discussion forum for youth 18+ | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm

https://covid19.camhx.ca/mod/forum/view.php?id=1

FITNESS / MOVEMENT FOR KIDS & YOUTH

Cosmic Kids Yoga YouTube Channel | Mindfulness and yoga videos for kids 3+

https://www.youtube.com/user/CosmicKidsYoga

GoNoodle | Website to get kids moving with fun, engaging dance parties, yoga sessions, games

https://www.gonoodle.com/

PE with Joe YouTube Channel | For kids & youth | 30 min exercise videos every weekday morning

https://www.youtube.com/user/thebodycoach1/featured

7 Minute Workouts with Lazy Monster | App for kids & youth | Variety of 7-min workouts

YMCA Health & Fitness Videos | Kids, Youth & Family fitness activities https://ymca360.org/on-demand

Yoga with Adriene | Yoga for kids, teens and adults | Videos focused on relaxation, meditation, restoration

https://www.youtube.com/user/yogawithadriene

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools https://mysleepwell.ca/

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**COVID-19 | Mental Health Resources for SENIORS | May 2020**

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MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE

Toronto Seniors Helpline | Information and tele counselling for seniors | 416-217-207

https://torontoseniorshelpline.ca

Talk 2 NICE | Tele outreach & brief counselling services from National Initiative for the Care of the Elderly | 1-844-529-

7292 | www.nicenet.ca/talk2nice

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm

call (416) 595-9618 to connect to a counsellor https://familyservicetoronto.org/

Warm Line | Chat online, text or phone with a peer support worker | Between 12pm-8pm call 416-323-3721 | Between 8pm – midnight call 416-960-9276 | Text 647-557-5882 http://www.warmline.ca/

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

Friendly Neighbour Hotline | Low-income seniors can connect to network of volunteers who can help with picking up groceries & household essentials | 1-855-581-9580 http://uhnopenlab.ca/project/hotline/

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19

https://takecare19.com/

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF / ADVANCE CARE PLANNING

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology

https://www.baypsychology.ca/workshops download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera

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My Grief | 9 modules designed to aid in understanding and working through grief www.mygrief.ca

What’s Your Grief | Blog posts, webinars, e-courses re: grief for adults www.whatsyourgrief.com

Advance Care Planning | Interactive tools and workbook for advance care planning

https://www.advancecareplanning.ca/

The Conversation Project | A useful tool to help start the conversation with loved ones about end of life care plans and wishes https://theconversationproject.org/starter-kits/

Dying with Dignity | Online kit for making an Advance Care Plan

https://www.dyingwithdignity.ca/download\_your\_advance\_care\_planning\_kit

COVID-19 | Mental Health Resources for SENIORS | May 2020

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

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course (approx. 3 hours to complete)

https://www.coursera.org/learn/manage-health-covid-19?

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)

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Articles, guided meditations and videos https://www.mindfulnessstudies.com/mindfulness\_resources\_during\_covid19/

Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions.

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Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations

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Rick Hanson’s Being Well Podcast | Episodes focused on meditation, neuroscience

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CAMH online peer-to-peer discussion forum | a space where one can offer support, encouragement and share their

experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm

https://covid19.camhx.ca/mod/forum/view.php?id=1

FITESS / MOVEMENT

Dancing with Parkinson’s | Free live dance classes through Zoom, seven days a week for all seniors

https://www.dancingwithparkinsons.com/online-class-registration

YMCA Health & Fitness Videos https://ymca360.org/on-demand

Yoga – Free Videos from Lululemon https://shop.lululemon.com/story/yoga-videos

Yoga with Adriene | Variety of yoga videos for all abilities, including chair yoga, relaxation & meditation

https://www.youtube.com/user/yogawithadriene

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