

Resources for Support During the Covid-19 Outbreak

- **CAMH**

<http://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>

<http://www.camh.ca/en/health-info/mental-health-and-covid-19#quarantine>

- **CMHA- Mental Health & Addiction Crisis**

648 Huron Street

- **Ontario Medical Association**

MD Led Virtual Chats: The OMA Physician Health Program invites you to drop in virtually between noon and 1 p.m. each weekday to support one another during the COVID-19 pandemic. The sessions will be led by Dr. Kasra Khorasani, a psychiatrist at Mount Sinai Health Systems and St. Joseph's Health Centre in Toronto.

Meeting Daily from 12:00 p.m. – 1:00 p.m. (EDT)

<http://php.oma.org/virtual-chats/> - Meeting ID and phone Number updated on link

- **Canada Suicide Prevention Service (CSPS) by Crisis Services Canada**

Enables callers anywhere in Canada to access crisis support by phone, in French or English: toll-free 1-833-456-4566 Available 24/7

- **Finding Services**

<https://www.ontario.ca/page/mental-health-services-children-and-youth#section-0>

- **Good2Talk**

For people between the ages of 17-25, for post-secondary students in Ontario and provides professional counseling and information and referrals for mental health, addictions and well-being. This is free, confidential and anonymous helpline, Open 24 hours a day, 7 days a week. Call: 1-866-925-5454

- Mental Health Helpline

Meant for all ages and provides information about counselling services and supports in your community. Listens, offers support and provide strategies to help you meet your goals. Provides basic education about mental illness Call: 1-866-531-2600

- CMHA REACH OUT Crisis Hotline- 519-433-2203 24/7

Walk In's welcome at 648 Huron St 24/7.

- ARK AID STREET MISSION

Providing evening meal and some take home meals when available.

If you or someone you care about are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- Visit the disaster distress Helpline or call 1-800-985-5990 and TTY 1-800-846-8517.
- Text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224.