

Moved to the new website at [takecare19.com](https://takecare19.com)!

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----- Archived content below will not be updated -----

# Mental health resources during COVID19

(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:** [takecare19.com](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...Add yourself to mailing list for updates:**

<http://eepurl.com/gYZme1>

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

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## Information/Articles

- [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)
- [If You Have Anxiety and Depression but Feel Better During Coronavirus, You're Not Alone](#)

## 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
- [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)

## Mindfulness & Meditation

- [Headspace](#) is offering free meditations for COVID19 for everyone
  - [US Healthcare professionals](#) get a free subscription for rest of 2020 \*new\*
  - [Headspace for NY](#) free meditations and resources for **New Yorkers** (but relevant for folks anywhere really) \*new\*
- [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
- [Inkblot Meditation](#) live fully-guided video sessions.No experience is required. These sessions are completely free (for a limited time)
- [Savyn](#) guided square breathing exercises in **Arabic and English** to produce a calming response to anxiety. No experience is required. These sessions are free \*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)
  - [Students and teachers \(K-12, college\)](#) get free access until July 1st \*new\*
  - [Healthcare workers](#) also get free access until July 1st \*new\*
- [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](#)
- [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

- [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
- [Pluralsight's #FREEApril](#) A platform for in-demand tech skills; free access to 7,000+ expert-led video courses and more all month long.

## 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](#)

## Misc

- [Flying Books](#) offering free shipping for books with the promo code AIRDROP within Toronto until April 30 (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
- [Tolerance for Uncertainty: A COVID-19 Workbook](#) - A guide to accept your feelings, tolerate distress, and thrive by Dr. Sachiko Nagasawa *\*new\**

## 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
- [Mind Relief](#) if offering 40% discount until end of May 2020

## Local therapy (Toronto)

*(offering sliding scale/affordable therapy)*

- [Toronto Institute for Relational Psychotherapy](#) - Low-cost therapy
- [Hard Feelings](#) - affordable shorter term therapy
  - During COVID-19, some of the counsellors in their community of practice are offering low-cost single-sessions online, 60 minutes/\$60 - Details [here](#) \*new\*
- [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
- [Anishnawbe Health Toronto \(AHT\)](#) Our mission is to improve the health and well being of Aboriginal People in spirit, mind, emotion and body through both Traditional and Western healing approaches. Programs and services offered are based on our

culture and traditions through a multi-disciplinary team of dedicated healthcare professionals and service providers.

- [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
- [Yzobela Hyett](#) offering individual online/phone therapy, and is able to offer sliding scale to individuals who are financially impacted by Covid-19
- [Matt Eldridge](#) able to offer sliding scale options for those impacted by COVID
- [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*)
- [WellNest](#) has a very **diverse** and skilled team of 15 clinicians currently working extended hours to provide support to our community during this uncertain time
- [Bereaved Families of Ontario - Toronto \(BFO-Toronto\)](#) A local charitable organization that seeks to inspire hope and transformation in people who are grieving the death of a loved one. We are offering 1-1 phone or video calls, peer-led group supports, and very soon we will also be announcing new meetings and activities. Please feel free to phone us or email us at [programsupport@bfotoronto.ca](mailto:programsupport@bfotoronto.ca) or 416 440 0290 x102. **All services free** \*new\*
- [Silm Centre for Mental Health](#) We are a diverse set of mental health professionals who are keen on supporting individuals and communities through COVID-19 and other difficulties. We always offer a generous sliding scale, and are currently also offering pro bono services. All therapy is currently offered online. \*new\*
- [CONNECT Counselling Services \(Canadian Hearing Services\)](#) provides professional counselling services to Deaf and hard of hearing individuals aged 16 and over, and their families, who are living with mental health issues, addiction, relationship problems, domestic violence or other serious challenges. Services are free, confidential and provided in an accessible environment using American Sign Language (ASL), la langue des signes québécoise (LSQ), note-taking, real-time captioning and amplification devices as required. \*new\*
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## 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**