

## Ukrainian Mental Health Resources - current as of August 22, 2022

List of supports available to Ukrainian students and families, including mental health services and supportive programs for a variety of ages

**\*\*See <https://www.dopomoha.ca> for a variety of supports for the Ukrainian Community to help families resettle in Canada.**

Ukrainian Mental Health Resources		
Community Resource	Contact Information	Service Details
PDSB Mental Health Services and the Be Well Support Line	<ul style="list-style-type: none"> <li>Talk to your teacher, guidance counsellor, principal/vice-principal, or another adult you trust at school to request support from a school-based Social Worker or Psychologists.</li> <li>For non-crisis mental health support, contact the PDSB Be Well Support Line at <a href="tel:905-890-1010">905-890-1010</a> ext. 2608 or here: <a href="https://bit.ly/PDSB-BWSL">bit.ly/PDSB-BWSL</a> View <a href="#">Flyer</a></li> </ul>	<p>School-based mental health services:</p> <ul style="list-style-type: none"> <li>Every PDSB school has access to services from mental health professionals (e.g., social work and psychology staff) who support students and families.</li> <li>Services include education and consultation, assessment, counselling and/or help getting connected to resources in the community. Schools can also connect students/families with specialized services such as Telepsychiatry and Mental Health and Addictions Nurses.</li> <li>Students/families may speak with a classroom teacher, guidance counsellor or school administrator to request a referral.</li> </ul> <p>Be Well Support Line:</p> <ul style="list-style-type: none"> <li>Non-crisis brief counselling support for students and families, and information on school and community services.</li> <li>Identity-specific support available (e.g., Black, 2SLGBTQ+, South Asian, Arab, Muslim, Polish, etc.)</li> <li>Students 12 years and older can provide consent to counselling, while parent/guardian consent is required for students under 12 years of age.</li> </ul>
CRISIS SUPPORTS		
Polycultural Immigrant and Community Services	<p>2225 Erin Mills Parkway Mississauga, ON L5K 1T9 Phone: 905-403-8860 Fax: 905-823-6760 <a href="https://www.polycultural.org/services/specialized-services">https://www.polycultural.org/services/specialized-services</a></p>	<p>Offers confidential short-term counselling at no-cost for youth, adults and families who are dealing with crisis situations. Life and integration in your new environment can sometimes be challenging and stressful to handle alone; this is why it is essential to ask for assistance when you need it. Consider crisis counselling if you are facing challenges that involve:</p> <ul style="list-style-type: none"> <li>Adjusting to new culture and life in Canada</li> <li>Mental health struggles</li> <li>Family conflict and domestic violence</li> <li>Stressful or traumatic experiences</li> <li>Addiction and substance abuse</li> <li>Other concerns or life struggles you find hard to navigate alone</li> </ul> <p>Currently, we serve clients in over 20 different languages in our five locations, including Ukrainian.</p>

Lifeworks	1-844-751-2133	LifeWorks has opened its free 24/7 crisis support hotline to offer professional emotional support to individuals dealing with the unfolding events in Ukraine. When calling the crisis line available through LifeWorks, individuals receive crisis counselling support and/or referral to community resources. Anyone affected by this event can reach the free crisis support line at 1-844-751-2133
Kids Help Phone	1-800-668-6868	In addition to English and French, you can connect with Kids Help Phone's professional counsellors in multiple languages, including Ukrainian, by calling 1-800-668-6868.

### **SUPPORTS Specific to the Ukrainian Community**

Psychologists through Canadian Psychological Association	Phone: 1-888-472-0657 Email: <a href="mailto:cpa@cpa.ca">cpa@cpa.ca</a> <a href="https://cpa.ca/ukraine/">https://cpa.ca/ukraine/</a>	The Canadian Psychological Association is offering free psychological services to those people in Canada with lived experience or family lived experience of the military action in Ukraine. There are a limited number of psychologists in the GTA offering this service. Contact the CPA for more information.
Refugee HealthLine	Call the Refugee Health Line at 1-866-286-4770 or visit <a href="#">Health Connect Ontario</a>	Free, secure, and confidential help is available 24 hours a day, 7 days a week with translation support available in Ukrainian and Russian. This service is available to anyone with or without OHIP coverage in place. A toll-free, multi-language, Refugee HealthLine is available to connect people arriving through humanitarian authorizations (such as Canada-Ukraine Authorization for Emergency Travel) with health care providers who deliver transitional health care and services. The Refugee HealthLine will refer agencies and individuals to the closest providers capable of taking on eligible patients for transitional care.
Interim Federal Health Program	<a href="https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html">https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-within-canada/health-care/interim-federal-health-program/coverage-summary.html</a>	The IFHP covers mental health services provided by allied health professionals (such as clinical psychologists, psychotherapists, or counselling therapists) under the <a href="#">IFHP Supplemental Coverage PDF, 484 KB</a> . This coverage is provided to refugees and other eligible beneficiaries until they qualify for provincial health coverage.

### **APPS and SELF-CARE TOOLS Specific to the Ukrainian Community**

Self-care articles and tip-sheets		<a href="#">Conflict In Ukraine</a> (Mental Health Commission) <a href="#">War-Related Stress Resources</a> (Anxiety Canada, English and Ukrainian tip sheets) <a href="#">Coping With Stress and Anxiety About the War in Ukraine</a> (CAMH)
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		<p>The Canadian Psychological Association also issued a fact sheet intended for use by members, health care partners and the public on <a href="#">coping with emergencies, disasters and violent events</a>. The fact sheet is available in <a href="#">English</a>, <a href="#">French</a> and <a href="#">Ukrainian</a>.</p>
<p>Mental Health Foundation (Canada)</p>	<p><a href="https://mentalhealthfoundation.ca/hope4ukraine/">https://mentalhealthfoundation.ca/hope4ukraine/</a></p>	<p>Resilience&amp;Hope4Ukraine (standard messaging rates may apply) Anyone feeling increased anxiety, stress, or depression about the war in Ukraine can subscribe to Hope4Ukraine. In English text “Hope4Ukraine” to 393939. In Ukrainian, Russian, and French texting the relevant keyword to 1-855-450-2266. Visit website for keywords in Ukrainian, Russian, English and French.</p>