



To: Primary Care Providers & Mental Health & Addictions Partners  
From: Ontario Health West  
Date: January 14, 2021  
Subject: **Mental Health & Addictions Supports for Your Patients & Staff**

As you know, the winter months can be difficult for individuals who struggle with mental health and addictions challenges. This winter, these challenges are compounded by the COVID-19 pandemic. You may be finding that more of your patients need support with symptoms of mild-to-moderate anxiety and depression. The province-wide supports in the chart below are available to assist with the mental health and wellbeing of your patients. Please note, Togetherall (formerly Big White Wall) is not listed as it is no longer publicly funded as of January 16.

 <b>PROVINCE-WIDE SUPPORTS FOR YOUR MENTAL HEALTH AND WELLBEING</b>		
ConnexOntario	24/7 mental health and addictions system navigation and information, including local crisis and service supports	1-866-531-2600
BounceBack	Telephone coaching, workbooks and videos for youth 15+ and adults to help manage low mood, mild-to-moderate depression, anxiety, stress or worry	1-866-345-0224
First Nations and Inuit Hope for Wellness Help Line	24/7 counselling and crisis intervention to all Indigenous peoples across Canada	1-855-242-3310
Good2Talk	24/7 counselling service for post-secondary students, accessible by phone or by texting: GOOD2TALKON to 686868	1-866-925-5454
Kids Help Phone	24/7 phone counselling service for children and youth	1-800-668-6868
Telehealth	24/7 service you can call to get health advice or information.	1 866-797-0000
Woebot	An online automated conversational agent (chatbot) who helps you monitor mood and learn about yourself via Cognitive Behavioural Therapy (iCBT).	Download the Woebot app or sign up here: <a href="http://www.woebot.page.link/ontario">www.woebot.page.link/ontario</a>
Mind Beacon	Digital self-guided Cognitive Behaviour Therapy (iCBT)	Sign up here: <a href="http://info.mindbeacon.com/btn542">info.mindbeacon.com/btn542</a>
Morneau Shepell	Digital self-guided Cognitive Behaviour Therapy (AbilitiCBT)	Sign up here: <a href="http://ontario.abiliticbt.com">ontario.abiliticbt.com</a>

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Ontario 

### **Resources Specifically for Health Care Workers**

The following resources are available for all health care workers across Ontario Health West:

- **Hamilton Health Sciences: Resilience Support Toolkit for Health Care Workers:**  
<https://www.hamiltonhealthsciences.ca/covid19/staff-physician/hhs-resources/resilience-support-toolkit/>
- **St. Joseph's Healthcare Hamilton COVID-19 Mental Health Services for Health & Community Care Workers:**  
For confidential support through quick access to a trained mental health clinician call 905-522-1155 ext. 36499 (M-F / 8am-4pm) or access services online at <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw>