

# Digital Interventions to Support Population Mental Health During COVID-19: A Knowledge Synthesis

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The logo for the Centre for Addiction and Mental Health (CAMH), consisting of the lowercase letters 'camh' in a bold, purple, sans-serif font.

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# Acknowledgements

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## Participating Stakeholders

The research team would like to thank the generous time and expertise of the environmental scan stakeholders and advisory boards. The invaluable insights generated from discussions with stakeholders and advisors assisted the project team greatly in the development of the final project output.

## Institutional Acknowledgement

We would like to acknowledge and thank the Centre for Addiction and Mental Health (CAMH) for their in-kind contributions to this project.

## Funding

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# Executive Summary

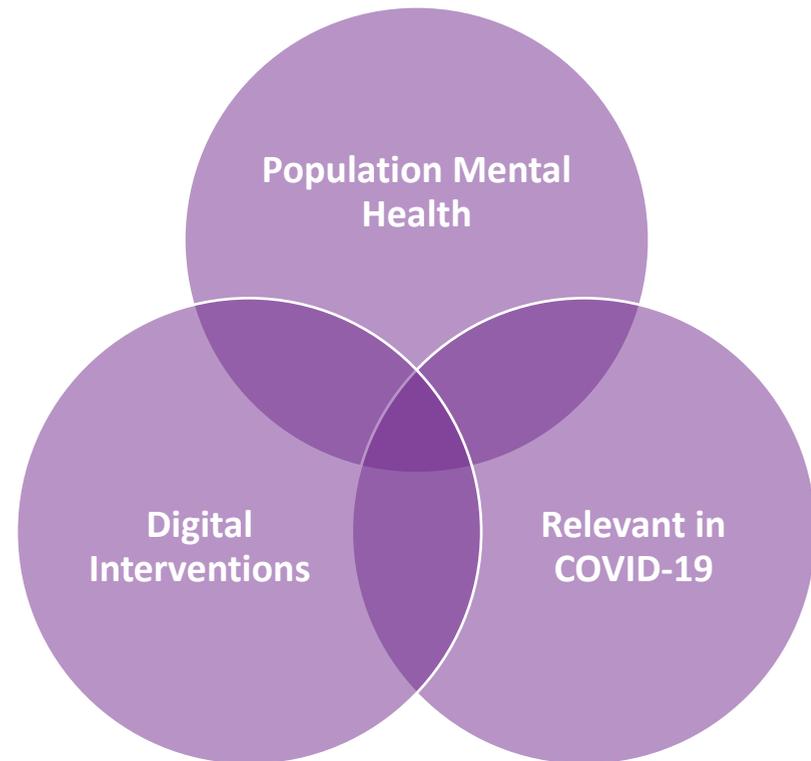
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A large number of Canadians are experiencing mental health challenges that may be linked to the global COVID-19 pandemic. The use of digital interventions may be one way to support Canadians with their mental health during this difficult time.

This study was completed to synthesize and mobilize knowledge related to digital interventions that can be leveraged by the general population to support mental health during and after the COVID-19 pandemic.

This work also aims to uncover strengths, weaknesses and gaps in these interventions, applicable to the pandemic context.



# Background

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## Impact of COVID-19 on Population Mental Health

Globally, a significant number of people are experiencing mental health challenges related to the global COVID-19 pandemic.<sup>1,2</sup>

As of September 2020, over 20% of the >1000 Canadians who responded to a mental health questionnaire reported that they had experienced moderate to severe anxiety, over 25% had engaged in binge drinking, approximately 20% felt lonely, and more than 20% felt depressed.<sup>3</sup>

There are numerous reasons why Canadians may be experiencing these challenges, which may be related to social isolation, fear of becoming ill, changes to employment and income, increased caregiving responsibilities and others.

## The Potential of Digital Health Interventions

Digital interventions aimed at supporting mental health and wellness may be one approach to supporting Canadians during this difficult time.<sup>4</sup> Digital interventions may be appropriate given the increased need to remain at home, or at a distance, making traditional in-person care challenging to provide. In addition, digital interventions may provide a scaling effect, in which multiple individuals can utilize some interventions, in contrast to in-person care which is typically done 'one-to-one'.

Given the current context, and the large number of Canadians experiencing mental health challenges, the number of digital interventions in this space has grown to be large.

# Purpose & Approach

## Purpose of this Work

The purpose of this work was to synthesize and mobilize knowledge related to digital interventions that can be leveraged by the general population to support mental health during and after COVID-19. This work also aimed to uncover strengths, weaknesses and gaps in these interventions, applicable to the COVID-19 context.

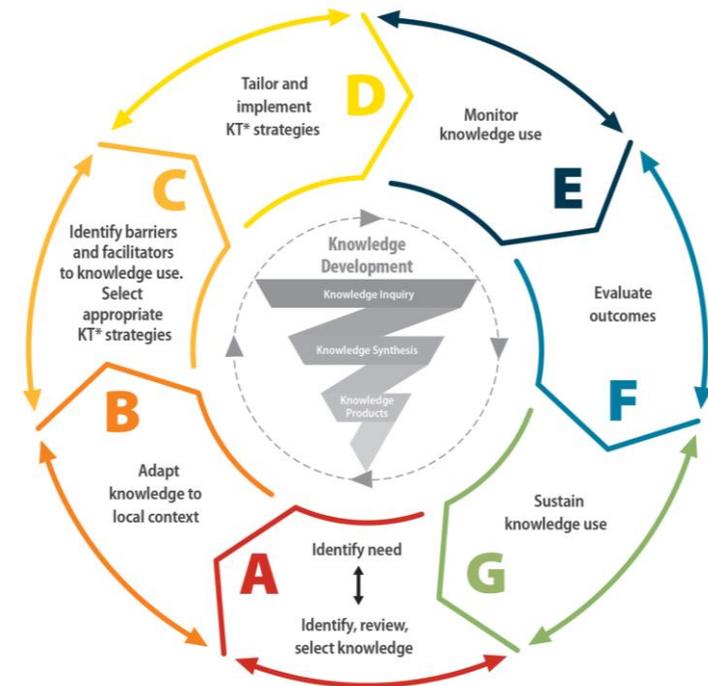
## The Project Approach

This work was completed in *three phases*:

**Phase 1:** A rapid review of the Academic and Grey Literature

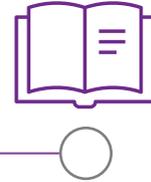
**Phase 2:** A stakeholder environmental scan of experts and knowledge users occurred as an embedded knowledge mobilization strategy.

**Phase 3:** Knowledge mobilization activities occurred which were guided by the Knowledge to Action Cycle Modified by CIHR (Fig 1).<sup>5</sup>



**Figure 1.** Knowledge to Action Cycle Modified by CIHR <sup>5</sup>

# Methodology



## Phase 1: Academic and Grey Literature Review

The purpose of the academic and grey literature review was to identify digital interventions that could be used to reduce the potential mental health impacts of COVID-19 by the general Canadian population.

For the academic searches, a modified rapid review was completed using the Cochrane Rapid Reviews Methods in June 2020.<sup>6</sup> The following empirical databases were searched from 2002 onwards: MEDLINE, Embase, PsycINFO, and Web of Science. The search strategy was initially developed in MEDLINE and combined relevant MeSH terms and keywords and the additional search strategies were revised for each of the remaining databases. No language or study type limits were applied to the search results.

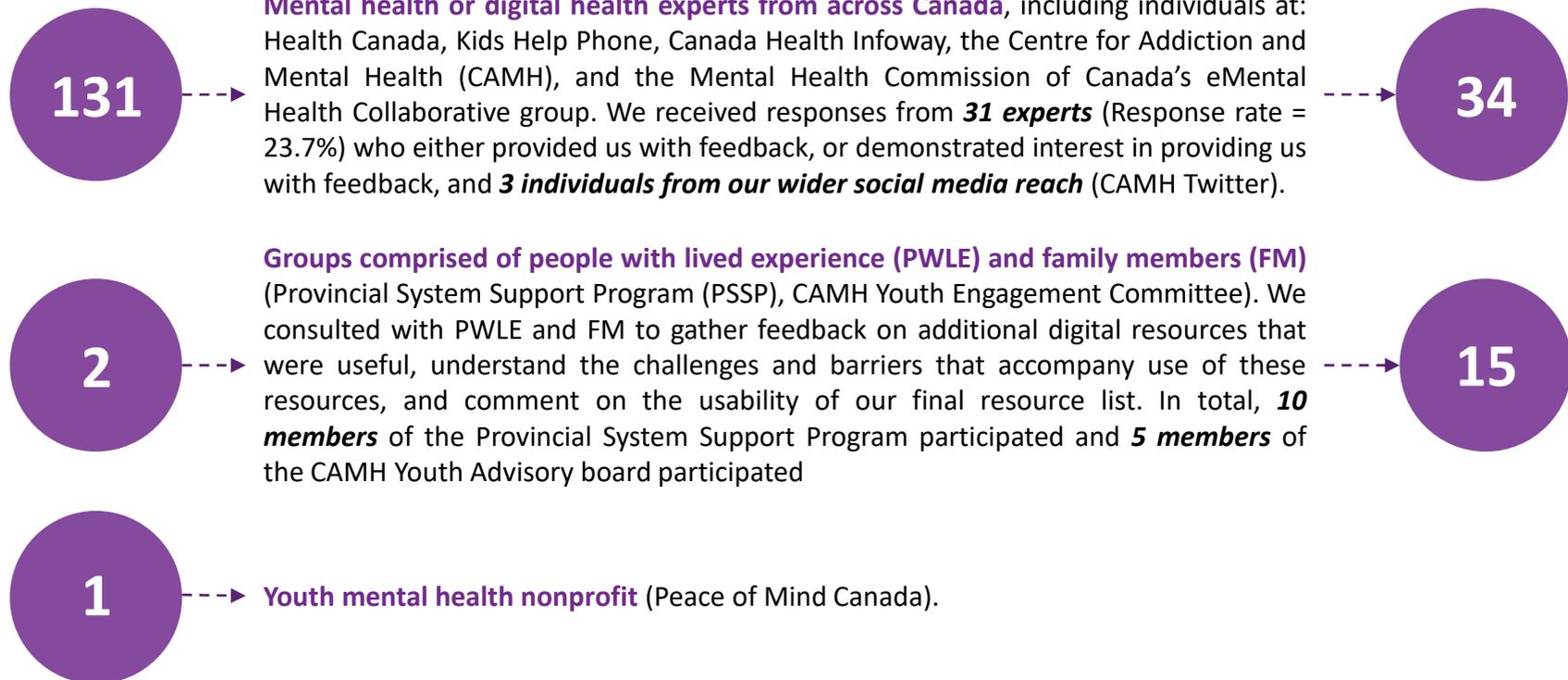
A multi-strategy search methodology was used to identify the grey literature, including structured Google Search Engines. The Google searches focused on retrieving results from the following countries: Australia, Canada, United Kingdom and the United States and were supplemented by additional searches in the search engine, Million Short. In addition, searches were conducted of the App Store (Apple) and Google Play Store. For mobile apps, we also reviewed curated mobile app libraries for common mental health and wellness themes such as insomnia, anxiety, meditation, depression, alcohol/substance abuse. These curated app libraries included: 1) Practical Apps; 2) Alberta Health Services App Library; 3) Scarborough Health Network Mental Health App Library; 4) King's Western University Library; 5) Health Navigator New Zealand; 6) NHS App Library; and, 7) One Mind Psyberguide.

# Methodology



## Phase 2: Stakeholder Environmental Scan

The environmental scan was carried out from August 2020 - October 2020. The list of individuals who participated in the environmental scan can be found in Appendix A. We reached out to:



# Methodology

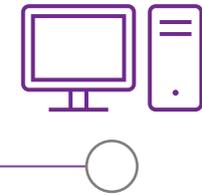


We leveraged the Centre for Addiction and Mental Health's (CAMH's) social media platforms, such as Twitter, to gather additional feedback from a broader audience. We e-mailed our participants via an e-mail call out to ask them to review our [detailed list of digital resources](#) aimed at improving mental health of Canadians during a pandemic period (including mobile apps and websites that span a range of interventions including stress and anxiety interventions, mood tracking, discussion forums and peer support resources, chat and phone services, telemedicine resources, courses and eBook resources) and provide us feedback on the list, specifically asking:

- 1 Are there any missing digital mental health resources within our list that would be relevant to the Canadian population during a pandemic?
- 2 Do you have any feedback on the structure and categorization of our tool?
  - What do you think of the different sections and categories?
  - Is it easy to find what you are looking for?

- 3 For those who are people with lived experience or family members:
  - Have you or your family members used any of the resources in our list before? Did you or your family members use any during the pandemic period?
  - How helpful did you or your family members find them?
  - Are there any specific barriers to accessibility for these digital tools? Do you have any suggestions on what could help mitigate these barriers?
  - How would you like to access the resource list (i.e. through an online interactive document similar to the link below, a website, a PDF)?

# Results



## Digital Mental Health Resources

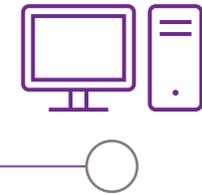
A total of **33 mobile health apps** and **114 web-based resources** were identified. The following tables (tables 1 – 7) show the breakdown of the digital interventions into various sub groupings. A full list of all identified mobile health apps and web-based resources is shown in Appendices B and C, respectively.

The total number of digital mental health resources, web-based and mobile applications, is highlighted in Table 1. The following table indicates a breakdown of the digital mental health resources found within each phase of the project (Phase 1 & 2). A total of 114 web-based resources met inclusion criteria, 75 from the literature review and 39 from the environmental scan. A total of 33 mobile applications met inclusion criteria, 29 from the literature review and 4 from the environmental scan.

**Table 1.** Frequency of digital interventions identified in each study phase

Resource Type	Frequency
<b>Academic Lit:</b> Digital Interventions	2
<b>Grey Lit:</b> Web resources	75
<b>Grey Lit:</b> Mobile Apps	27
<b>Environmental Scan:</b> Web resources	39
<b>Environmental Scan:</b> Mobile Apps	4

# Results



## Web-Based Resources

**Table 2.** Web-based intervention resource types

Web Intervention Types	Frequency
Wellness Hub/Resource Library	44
Discussion Forums & Peer Support	17
Phone/Text/Online Chat Services	34
Telemedicine	7
Online Course/Program	23
eBook	8
Smartphone App Library	1

*\*Multiple resources fall under multiple intervention types*

**Table 3.** Population focus of the web-based resources

Population Focus	Frequency
General	66
Youth	22
Indigenous	15
LGBTQ2S+	5
Students	19
Women	8
Older Adults (Seniors)	7
BIPOC (Black, Indigenous, People of Colour)	5
Parents	11

*\*Multiple resources are targeted for multiple population types*

# Results



## Mobile Apps

**Table 4.** Mobile app specificity for to COVID-19

Specificity to COVID-19	Frequency
Created for COVID-19	5
Previously developed mental health app with a free subscription or additional modules specific to COVID-19	26

**Table 5.** Population focus of the mobile apps

Population Focus	Frequency
General	29
Youth	3
Indigenous	2
LGBTQ2S+	1
Students	2

*\*Multiple apps are targeted for multiple population types*

**Table 6.** Cost of mobile apps

Cost	Frequency
Free	17
In-App Purchase*	10
Subscription*	8

*\*Multiple apps contain both cost options*

**Table 7.** Conditions supported by mobile apps

Conditions Supported	Frequency
Stress & Anxiety	28
Mood Disorders	15
Sleep	6
Phobias	2

*\*Multiple apps support multiple conditions*

# Results



## Overview of the Environmental Scan Feedback

During the stakeholder environmental scan, we were able to assess the usability of the [first version of the list of digital mental health resource list](#). The following suggestions were identified to be incorporated into the next resource list iteration:

### *Categorization and Structure*

- Have additional details on each intervention (i.e. evaluative component, listing of key characteristics, evidence tied to interventions, guidelines to choose the intervention based on needs)
- Further categorize the list of resources – by mental health condition (i.e. depression anxiety), by population group (i.e. youth, indigenous)
- Include a detailed and easy to follow methodology about how interventions were chosen to be included into the final resource list

### *Design and Functionality*

- A majority of stakeholder environmental scan participants who commented on the format of the final list suggested that the list of interventions should be presented within a website/portal
- Add accessible links to supporting evidence, studies and literature where possible
- Ensure the descriptions of the resources are written in plain and simple language, to accommodate for several literacy levels
- Being sure to define clinical terms (e.g. psychoeducation and internet based cognitive behavioural therapy)

# Results



## Overview of the Environmental Scan Feedback

In addition, stakeholders who participated in the scan commented on the following:

### *Accessibility & Inclusivity*

- Participants focused in on the need for inclusion of phone or text services that did not require end-users to have access to a data plan, and the need for printing a copy of the resource list if necessary (especially for vulnerable populations without easy access to technology).
- We gathered many ideas on how to disseminate the list through various mental health organizations across the country to maximize awareness and access to the final resource list

A key take away from the feedback received from the environmental scan participants was:

*“Adding resources to a document that meet the diverse mental health needs of Canadians in an informative and easy to use manner, while also being sure not to overwhelm Canadians with a surplus of information and resources.”*

# Conclusion & Next Steps



## Conclusion

Digital interventions may be important resources to use during and after the COVID-19 pandemic as a way of addressing population needs and managing health system capacity issues. There are already numerous digital interventions that have been developed, however they are underutilized and/or not well known. This work supports the identification, assessment and mobilization of knowledge surrounding those relevant in the Canadian context.

To date, we have completed extensive knowledge mobilization activities across the country among hundreds of health professionals, and other stakeholder groups including people with lived experience, students, healthcare administrators, researchers, faculty members and beyond. Presentations have occurred at a Digital Health Canada conference and webinar, ECHO Mental Health (Ontario), ECHO Coping with COVID (Ontario), Evidence Exchange Network (EENet), and other forums such as the Digital Health Steering Committee at CAMH.

## Next Steps

A manuscript is under preparation which further details the methodology, and findings as they relate to strengths and weaknesses of the identified interventions, and an assessment related to key equity concepts. Strengths, weaknesses and gaps in the identified interventions are also described in this manuscript.

## Project Outputs

### Quick Links

- 1) [Airtable: Web-Based Resources](#)
- 2) [Airtable: Mobile Application Resources](#)
- 3) [Airtable: Non-COVID Specific Resources](#)
- 4) [EENet Presentation Video](#)

*\*See Appendix B for Airtable Instructions*

# References

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6. Garritty C, Gartlehner G, Kamel C, et al. *Cochrane Rapid Reviews Interim Guidance from the Cochrane Rapid Review Methods Group*. London; 2020. <https://www.infoway-inforoute.ca/en/component/edocman/resources/guides-workbooks/3808-digital-mental-health-tools-resources-to-support-mental-health-clinical-practice>.

# Appendix A



## Environmental Scan Participants

Contact	Province/State	Organization
Sean Kidd	Ontario	Centre for Addiction and Mental Health
Karim Keshavjee	Ontario	University of Toronto
Krista Balenko	Quebec	Canada Health Infoway
Danielle Impey	Ontario	Mental Health Commission of Canada
Heather Hadjistravropoulos	Saskatchewan	University of Regina
Shaleen Jones	Nova Scotia	Eating Disorders Nova Scotia
Austin A. Mardon	Alberta	University of Alberta
Deanne C. Simms	Ontario	ThriveSpace Health and Wellness
Brittni Makund	Ontario	Ontario Health (OTN)
Ariel Dalfen	Ontario	Sinai Health System
Chandana Unnithan	British Columbia	Lifeguard Digital Health Inc
Alexandre Chagnon	Quebec	Therappx
Nazanin Alavitabari	Ontario	Queen's University
Jay Shaw	Ontario	Women's College Research Institute & the University of Toronto Joint Centre for Bioethics

# Appendix A



## Environmental Scan Participants

Contact	Province/State	Organization
Wanda Green	Newfoundland and Labrador	Eastern Health
Emma Payne	Washington State	Grief Coach
Pier-Luc De Chantal	Quebec	Therappx
Navi Boparai	Ontario	Centre for Addiction and Mental Health
Alison Muller	British Columbia	University of British Columbia
Lucksini Raveendran	Ontario	Centre for Addiction and Mental Health
Zara Ahmed	Ontario	Schulich School of Medicine & Dentistry
Chloe Camacho	Ontario	Centre for Addiction and Mental Health
Hans Ang	Ontario	Centre for Addiction and Mental Health
Harmony Eshkawkogan	Ontario	Centre for Addiction and Mental Health
Chris Cull	Ontario	Inspire By Example
Faith Rockburne	Ontario	Centre for Addiction and Mental Health

The remaining environmental scan participants and advisors wish to remain anonymous (n=14). We thank all environmental scan participants and advisors for their invaluable time, expertise and insights.

# Appendix B

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## Airtable Overview

### *Accessing the Resources*

The quick links on page 15 links individuals to the gallery of resources that can help support the mental health and wellness of Canadians during and beyond the COVID-19 pandemic. These links were created using Airtable, an online database building tool. Airtable is best viewed on a desktop computer using google chrome. You can access Airtable on your mobile device as well through a web page or by downloading the Airtable app.

Note: these features work best on a laptop or non-mobile device

### *How to Find What You Are Looking For?*

**Use the search feature:** You can find a specific resource by name or typing out a feature. If you are searching for a specific resource, or searching for a key term, type the resource name or key term into the search bar on the top view bar.

**Use the filter feature:** This feature allows you to find specific types of resources from our list.

- Click on the filter button on the top view bar to display the filter menu
- Click on the “add filter” button
- Beside the “Where”, you can update the field to customize the records you would like to see
- You can add multiple filters to combine the logic using “And” or “Or”

**Use the sort feature:** This feature allows you to specify the order in which you would like to view the records. (e.g. A to Z by resource name, population focus, etc.)

- Click on the sort button the top view bar
- Select the “pick a field to sort by” button to sort the records by preferred sort criteria

# Appendix B

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## Airtable Overview

### *View the Resource in More Detail?*

If you would like to view a resource you may be interested in more detail, click on the resource tile to expand the selected resource. In this expanded view, you can see the full description of the resource and can select the external URL (website link) to view the resource homepage or download an app.

### *Do You Require Technology Assistance?*

**Connected Canadians** is a non-profit organization of volunteers who are well-versed in using technology and digital solutions. Volunteers are paired with newcomers, seniors or older adults who need support in using technology and digital solutions. Volunteers work with newcomers and seniors to tackle technology challenges that arise when using new technologies and tools.

If you are interested in signing up for remote help with Connected Canadians: [Click here](#)

### *Want to View or Print the Document as a PDF?*

Do not have reliable access to internet? Want to print the resource document out? Want to save and send the document as a PDF?

Follow the following steps:

- Click the “...” icon on the top view bar
- Select the “print view” button
- You will have the option to save the resource document as a PDF
- Once saved as a PDF, you can print the resource document, email the PDF version, or save the PDF version on your computer.

# Appendix C



## Inventory of Mobile Applications

Name	Description	Developer Type	Main Features	Supporting Literature/ Studies
<b>BC COVID-19</b>	Within this app, you can use resources on managing COVID-19 Stress, Anxiety and Depression, Mental well-being, Help lines and resources for LGBTQ2S+ students. The App was developed in partnership with the B.C. Ministry of Health and Thrive Health.	Government/ Non-Profit Apps	Education and Information	
<b>Breathe 2 Relax</b>	A stress management tool which will help you learn how to perform and use diaphragmatic breathing techniques for stress control (includes a video demo, reading materials, and charts to map personal progress). The skills taught may be applied to those with anxiety disorders, stress, and PTSD. This app was designed by the National Center for Telehealth & Technology.	Government/ Non-Profit Apps	Mindfulness exercises, Education and Information, Deep Breathing, Heart rate measurement	<a href="https://pubmed.ncbi.nlm.nih.gov/25316037/">https://pubmed.ncbi.nlm.nih.gov/25316037/</a>
<b>Calm</b>	A tool for sleep, meditation and relaxation to help users experience better sleep, lower stress, and less anxiety. The app includes guided meditations, sleep stories, breathing programs, stretching exercises, nature scenes and sounds, and relaxing music.	For Profit	Physical health exercises, Mood tracking, Mindfulness exercises, Deep Breathing, Sleep therapy, Goal Setting, Physical exercise tracking	<a href="https://formative.jmir.org/2019/2/e12662/">https://formative.jmir.org/2019/2/e12662/</a> , <a href="https://mhealth.jmir.org/2019/6/e14273/pdf">https://mhealth.jmir.org/2019/6/e14273/pdf</a> , <a href="https://cancer.jmir.org/2019/2/e14292/">https://cancer.jmir.org/2019/2/e14292/</a>
<b>Canada COVID-19</b>	This app contains mental health and substance use support through linking users to the Wellness Together Canada hub.	Government/ Non-Profit Apps	Education and Information	

Name	Description	Developer Type	Main Features	Supporting Literature/ Studies
<b>COVID Coach</b>	This app helps to support self-care and overall mental health during the COVID-19 pandemic. It includes education about coping during the pandemic, tools for self-care and to improve emotional well-being, trackers to check your mood and measure your growth toward personal goals, graphs to visualize progress over time resilience, manage stress, and increase your well-being during this crisis.	Government/ Non-Profit Apps	Education and Information, Mindfulness exercises, Deep Breathing, Goal Setting, Picture gallery, Mood tracking, Symptom tracking	
<b>eQuoo: Emotional Fitness Game</b>	An evidence-based choose-your-own-adventure game that increases the user's emotional fitness and teaches you new psychological skills, and tricks about emotion and effective communication. Skills and storylines are based on current psychology using psycho-education, elements of Cognitive Behavioural Therapy, Positive Psychology, emotional intelligence, gamification and Artificial Intelligence.	For Profit	Education and Information	<a href="https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0237220">https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0237220</a>
<b>Feeling Good: Positive Mindset</b>	A positive psychology program based on Cognitive Behavioural Therapy, relaxation, and resilience building techniques, containing audio tracks and music resources for individuals to use.	Government/ Non-Profit Apps	Education and Information, Cognitive Behavioural Therapy, Mindfulness exercises, Deep Breathing	
<b>Happify</b>	Science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.	For Profit	Education and Information, Productivity, Mindfulness exercises, Deep Breathing, Peer Support, Coach/Therapist Connection, Goal Setting, Interaction with virtual chatbot/character, Heart rate measurement	
<b>Headspace</b>	This app teaches you how to meditate and live mindfully, with guided sessions on stress management, happiness, resilience, physical health, and more.	For Profit	Education and Information, Productivity, Mindfulness exercises, Deep Breathing, Physical health exercises, Sleep therapy, Heart rate measurement	<a href="https://pubmed.ncbi.nlm.nih.gov/28827214/">https://pubmed.ncbi.nlm.nih.gov/28827214/</a> , <a href="https://link.springer.com/article/10.1007/s10902-014-9589-1">https://link.springer.com/article/10.1007/s10902-014-9589-1</a>
<b>HealthyMinds</b>	A problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. It includes a mood tracker, breathing activities, goal tracking, stress buster activities and journaling.	Government/ Non-Profit Apps	Deep Breathing, Mood tracking, Education and Information, Mindfulness exercises	

Name	Description	Developer Type	Main Features	Supporting Literature/ Studies
<b>InnerHour- Live Happier</b>	The InnerHour app offers you a space for self-care, so you can build a happier and healthier life for yourself using latest science (in Cognitive Behavioural Therapy, Mindfulness, and Positive Psychology) as well as insights from therapy, a team of psychiatrists and therapists dedicated to mental health have designed a self-help solution for you.	For Profit	Education and Information, Mood tracking, Goal Setting, Journaling	
<b>InsightTimer</b>	A meditation app with the world's largest FREE library of more than 30k guided meditations, 5k teachers & the world's most loved meditation Timer.	For Profit	Mindfulness exercises, Deep Breathing, Sleep therapy, Heart rate measurement, Peer Support	
<b>Inspire</b>	An app that allows users to connect to a support community of patients and caregivers.	Government/ Non-Profit Apps	Peer Support	
<b>Managing your stress &amp; anxiety</b>	Provides information and evidence-based coping strategies to help you manage stress and anxiety during the COVID-19 pandemic.	Government/ Non-Profit Apps	Education and Information, Peer Support	
<b>MindShift</b>	MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.	Government/ Non-Profit Apps	Productivity, Education and Information, Mindfulness exercises, Deep Breathing, Cognitive Behavioural Therapy, Goal Setting	
<b>MoodMission</b>	MoodMission helps you learn new and better ways of coping with stress, low mood, depression, and anxiety.	For Profit	Mood tracking, Mindfulness exercises, Picture gallery, Cognitive Behavioural Therapy, Physical health exercises	
<b>MoodPath</b>	If you're struggling with depression or anxiety, Moodpath is the leading mental health app to guide you toward emotional well-being.	For Profit	Mood tracking, Journaling, Mindfulness exercises, Deep Breathing	
<b>MyLife Meditation</b>	MyLife is a meditation and mindfulness app that helps you find your quiet place. It allows you to check in with how you're feeling, and recommends short guided meditations and mindfulness activities, tuned to your emotions.	For Profit	Mood tracking, Physical health exercises, Deep Breathing, Mindfulness exercises	

Name	Description	Developer Type	Main Features	Supporting Literature/ Studies
<b>Nod App</b>	Offers ideas for strengthening social ties and building positive emotions so users can have a rewarding social life even when apart from their people. A Tool to Help Prevent Loneliness Among College Students During the COVID-19 Pandemic.	Government/ Non-Profit Apps	Mood tracking, Education and Information, Deep Breathing, Mindfulness exercises	<a href="https://mental.jmir.org/2020/10/e21496">https://mental.jmir.org/2020/10/e21496</a>
<b>PTSD Coach Canada</b>	PTSD Coach Canada is a tool to help manage the symptoms associated with PTSD.	Government/ Non-Profit Apps	Education and Information	<a href="https://mental.jmir.org/2015/1/e7/">https://mental.jmir.org/2015/1/e7/</a>
<b>Quarantine Chat</b>	Quarantine Chat is an international phone chat line available to individuals who are feeling lonely during COVID-19 isolation. Individuals sign-up for the app, select their language preferences and are subscribed to periodic calls. The individual is matched to a random person to chat/have a conversation with them. The phone matching is private, receiving calls will only see the Quarantine Chat caller-ID, not the person's phone number.	For Profit	Peer Support	
<b>Reachout WorryTime</b>	Produced in consultation with the Centre for Clinical Interventions, ReachOut WorryTime is based on cognitive behavioural techniques that are used by health and wellbeing practitioners to assist people with anxiety and stress.	Government/ Non-Profit Apps	Journaling	<a href="https://www.tandfonline.com/doi/abs/10.5172/jamh.2011.10.1.39">https://www.tandfonline.com/doi/abs/10.5172/jamh.2011.10.1.39</a>
<b>SAMSHA Disaster Response App</b>	Offers first responders' immediate access for any type of traumatic event at every phase of response, including pre-deployment preparation, on-the-ground assistance and post-deployment resources.	Government/ Non-Profit Apps	Education and Information	<a href="https://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster">https://store.samhsa.gov/product/samhsas-disaster-kit/sma11-disaster</a>
<b>Sanvello</b>	Digital self-care on iOS and Android to manage and treat stress, anxiety, and depression.	For Profit	Education and Information, Mindfulness exercises, Goal Setting, Journaling, Deep Breathing, Picture gallery, Sleep therapy, Cognitive Behavioural Therapy, Coach/Therapist Connection	<a href="https://www.jmir.org/2019/6/e12556/">https://www.jmir.org/2019/6/e12556/</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/30888427/">https://pubmed.ncbi.nlm.nih.gov/30888427/</a>
<b>Sinasprite</b>	The Sinasprite game uses evidence-based treatment methods, including Cognitive Behavioral Therapy (CBT)-based strategies and meditation to help people manage chronic health conditions.	Government/ Non-Profit Apps	Cognitive Behavioural Therapy, Education and Information, Mindfulness exercises, Journaling, Peer Support	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5878360/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5878360/</a>

Name	Description	Developer Type	Main Features	Supporting Literature/ Studies
<b>Smiling Minds</b>	Mindfulness and meditation app designed to assist people in dealing with the pressure, stress and challenges of daily life.	Government/ Non-Profit Apps	Mindfulness exercises, Deep Breathing, Meditation tracking	<a href="https://mhealth.jmir.org/2020/6/e16497/">https://mhealth.jmir.org/2020/6/e16497/</a> , <a href="https://mhealth.jmir.org/2019/3/e10794/">https://mhealth.jmir.org/2019/3/e10794/</a> , <a href="https://link.springer.com/article/10.1007/s12671-018-1050-9">https://link.springer.com/article/10.1007/s12671-018-1050-9</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/29634386/">https://pubmed.ncbi.nlm.nih.gov/29634386/</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/31285834/">https://pubmed.ncbi.nlm.nih.gov/31285834/</a>
<b>Sunset Health</b>	Coaching and teaching you the tools and skills needed to assess and cope with emotional and workplace burnout.	For Profit	Mood tracking, Goal Setting, Journaling	
<b>Talkspace</b>	An app that allows you to privately talk to or text with a licensed therapist nearly any time of day from your smartphone or tablet.	For Profit	Coach/Therapist Connection, Mood tracking, Symptom tracking, Mindfulness exercises	<a href="https://link.springer.com/article/10.1007/s41347-018-0064-4">https://link.springer.com/article/10.1007/s41347-018-0064-4</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/27797646/">https://pubmed.ncbi.nlm.nih.gov/27797646/</a> ,
<b>Virtual Hope Box</b>	Personalized support tool made for veterans may help teens, too.	Government/ Non-Profit Apps	Productivity, Mindfulness exercises, Picture gallery, Goal Setting, Deep Breathing	<a href="https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201600283">https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201600283</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/24828126/">https://pubmed.ncbi.nlm.nih.gov/24828126/</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/29624123/">https://pubmed.ncbi.nlm.nih.gov/29624123/</a>
<b>Woebot</b>	Woebot uses tools from CBT to help individuals think through situations with step-by-step guidance.	Government/ Non-Profit Apps	Cognitive Behavioural Therapy, Education and Information, Interaction with virtual chatbot/character, Mindfulness exercises, Mood tracking	<a href="https://mental.jmir.org/2017/2/e19/">https://mental.jmir.org/2017/2/e19/</a>
<b>Wysa: Mental Health Support</b>	Research-backed, widely used techniques of CBT, DBT, Yoga and meditation are employed to support you with depression, stress, anxiety, sleep, loss and a whole range of other mental health and wellness needs.	For Profit	Education and Information, Journaling	<a href="https://journals.sagepub.com/doi/10.1177/1178222619829083">https://journals.sagepub.com/doi/10.1177/1178222619829083</a> , <a href="https://mhealth.jmir.org/2018/11/e12106/">https://mhealth.jmir.org/2018/11/e12106/</a>
<b>Talkspace</b>	An app that allows you to privately talk to or text with a licensed therapist nearly any time of day from your smartphone or tablet.	For Profit	Coach/Therapist Connection, Mood tracking, Symptom tracking, Mindfulness exercises	<a href="https://link.springer.com/article/10.1007/s41347-018-0064-4">https://link.springer.com/article/10.1007/s41347-018-0064-4</a> , <a href="https://pubmed.ncbi.nlm.nih.gov/27797646/">https://pubmed.ncbi.nlm.nih.gov/27797646/</a> ,

# Appendix D



## Inventory of Web-Based Interventions

Name	Website	Resource Type	Phone Number	Description
<b>Wellness Together Canada</b>	<a href="https://ca.portal.gs/">https://ca.portal.gs/</a>	Wellness Hub, Resource Library		A Government of Canada journey toolkit for improving mental wellness, including resources such as self-assessment, tracking health metrics, self-guided courses and apps, online community of support and coaching, and virtual one to one counselling.
<b>Counselling Connect</b>	<a href="https://www.counselingconnect.org/">https://www.counselingconnect.org/</a>	Telemedicine		Counselling Connect provides free access to a same-day or next-day phone or video counselling session. This service is for children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.
<b>Inspire COVID-19 Support Group and Discussion Community</b>	<a href="https://www.inspire.com/groups/covid-19/?origin=freshen">https://www.inspire.com/groups/covid-19/?origin=freshen</a>	Discussion Forums & Peer Support		A discussion and Q/A forum where individuals can join, ask and answer questions and discuss COVID-19 related issues.
<b>Coping During the Pandemic</b>	<a href="https://lms.recoverycollegeonline.co.uk/course/view.php?id=373#section-1">https://lms.recoverycollegeonline.co.uk/course/view.php?id=373#section-1</a>	Online Course/Program		This course has been created to give individuals information about current guidance, and links to the most up to date advice, as well as exploring how one might be feeling, what one can do to support their mental health at this time, how to best manage a period of isolation and support other people, including children and young people.
<b>Ontario Network of Sexual Assault, Domestic Violence Treatment Centers</b>	<a href="http://sadvtreatmentcentres.ca">sadvtreatmentcentres.ca</a>	Online Chat services	Toll Free: 1-855-628-7238	A support and crisis phone and text line for persons who have experienced sexual assault or acts of violence.

Name	Website	Resource Type	Phone Number	Description
<b>Shatter Proof Special COVID-19 Edition Addiction Education &amp; Support</b>	<a href="https://justfive.org/shatterproof/program_lessons/covid19onlinelearning/">https://justfive.org/shatterproof/program_lessons/covid19onlinelearning/</a>	Online Course/Program, Resource Library		Shatter Proof has created a special edition of their addiction education platform to tailor it to the COVID-19 context. Their platform offers guidance on how to help loved ones struggling with substance abuse and find treatment.
<b>Mental Health America: Care for Your Coronavirus Anxiety</b>	<a href="https://www.virusanxiety.com/">https://www.virusanxiety.com/</a>	Wellness Hub, Resource Library		Shine, in partnership with Mental Health America, have vetted and compiled a wealth of resources including, articles, meditations, access to mental health experts, anxiety screenings, and more for individuals struggling with their mental health during COVID-19.
<b>Corona Care Toolkit</b>	<a href="https://tinyurl.com/y3eym3ne">https://tinyurl.com/y3eym3ne</a>	E-book		An e-book has been developed to provide free emotional intelligence tools that can help individuals cope during COVID-19.
<b>Rethink Mental Illness COVID-19 and Mental Illness</b>	<a href="https://www.rethink.org/advice-and-information/covid-19-support/">https://www.rethink.org/advice-and-information/covid-19-support/</a>	Wellness Hub, Resource Library		Online hub to provide practical support and information that is useful for people living with or supporting people with mental illness.
<b>Accessible &amp; Inclusive Mental Health Resources for Coping Through COVID-19</b>	<a href="https://takecare19.com/">https://takecare19.com/</a>	Wellness Hub, Resource Library		A free, crowd sourced resource list of accessible, free, and reduced cost mental health resources for the Canadian population during the COVID-19 pandemic. The resource list includes a variety of resource types, some of which being mindfulness tools, wellness tools, activity plans, group support, and more.
<b>In the Rooms: COVID-19 Online Recovery Resources</b>	<a href="https://www.intherooms.com/home/covid-19-resources/">https://www.intherooms.com/home/covid-19-resources/</a>	Discussion Forums & Peer Support		In the Rooms hosts virtual real-time video meetings for Alcoholics Anonymous, Narcotics Anonymous, and other recovery fellowships. Meetings are held through video-calls and facilitated by support workers.
<b>Coronavirus Peer Support Group</b>	<a href="https://www.forlikeminds.com/">https://www.forlikeminds.com/</a>	Discussion Forums & Peer Support		ForLikeMinds is a peer support network. They have developed a coronavirus peer support group for people living with mental illness, supporting someone with mental illness, or recovering from addiction enabling them to connect with other peers virtually.
<b>Mental Health America Mental Health and COVID-19 Information and Resources</b>	<a href="https://mhanational.org/covid19">https://mhanational.org/covid19</a>	Wellness Hub, Resource Library		To aid individuals and communities during this time, Mental Health America has compiled a range of resources and information. They have also developed blogs and webinar presentations on COVID-19 and mental health.

Name	Website	Resource Type	Phone Number	Description
<b>Starling</b>	<a href="https://info.starlingminds.com/covid19-free-mental-health">https://info.starlingminds.com/covid19-free-mental-health</a>	Online Course/Program		Starling has developed a free COVID-19 Mental Health Program. The program is for anyone who may need support during the COVID-19 crisis. They are making it available to employees at small to large businesses, self-employed workers, people recently laid-off, and anyone's extended family and support networks. This program is intended for use by individuals who are 16 years of age or older. The program uses self-directed and digitally delivered CBT by having individuals work through activities and modules.
<b>Australian Government Department of Health: Head to Health</b>	<a href="https://headtohealth.gov.au/covid-19-support/covid-19">https://headtohealth.gov.au/covid-19-support/covid-19</a>	Wellness Hub,Resource Library		Head to health is providing Australians with information and digital resources to help support their mental health and wellbeing during the pandemic. The site contains information on COVID-19, tips for maintaining good mental health, and information on utilizing and accessing mental health services.
<b>BounceBack</b>	<a href="https://bouncebackbc.ca/covid19/">https://bouncebackbc.ca/covid19/</a>	Online Course/Program		A free skill-building course-based program designed to help adults and adolescents 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, individuals will receive access to tools (workbooks, activities, and videos) that will support them in their path to mental wellness.
<b>Therappx</b>	<a href="https://covid19.therappx.com/">https://covid19.therappx.com/</a>	Smartphone App Library		Therappx has curated a mental health app library to help individuals manage their stress and anxiety brought on by the pandemic. Individuals simply fill out a survey with their preferences and are then provided with a list of recommended mobile apps to try out.
<b>Anxiety Canada: Coping With Covid-19</b>	<a href="https://www.anxietycanada.com/covid-19/">https://www.anxietycanada.com/covid-19/</a>	Wellness Hub,Resource Library		Anxiety Canada has compiled a list of relevant and useful resources to help individuals navigate the uncertainty of COVID-19. The resources include a COVID-19 town hall series, articles related to COVID-19 and mental health, and recommended mental health apps.
<b>Beacon Stronger Minds</b>	<a href="https://www.mindbeacon.com/strongerminds">https://www.mindbeacon.com/strongerminds</a>	Online Course/Program		BEACON has partnered with the Government of Ontario to provide Ontario citizens with free access to their 12-week digital cognitive behavioural therapy-based platform. The guided digital therapy platform connects individuals with registered therapists who select tailored and appropriate readings, assignments, and activities to help individuals develop skills to thrive and cope.
<b>Living Life to the Full</b>	<a href="https://livinglifetothefull.ca/our-courses/">https://livinglifetothefull.ca/our-courses/</a>	Online Course/Program		A mental health promotion course designed to help people deal with everyday life challenges and learn self-management skills using CBT principles. Courses are now offered virtually due to COVID-19

Name	Website	Resource Type	Phone Number	Description
<b>CAMH COVID-19 Discussion Forum</b>	<a href="https://covid19.camh.ca/mod/forum/view.php?id=1">https://covid19.camh.ca/mod/forum/view.php?id=1</a>	Discussion Forums & Peer Support		CAMH has developed an online peer-to-peer discussion forum where individuals can offer support, encouragement, and share their experiences with managing their stress and anxiety related to the COVID-19 virus. Individuals can also get tips and suggestions for how best to cope in this difficult time. Moderators will be available during business hours to provide general information and encourage the use of available resources.
<b>7Chairs Online Support Groups</b>	<a href="https://7chairs.co/">https://7chairs.co/</a>	Discussion Forums & Peer Support		An online platform which allows individuals to join a support group and connect with individuals from across the world through text or video-based support groups. The support groups are facilitated by licensed mental health professionals and last several weeks. A total of seven people are in each support group and individuals have the option to remain anonymous.
<b>Beating the Blues</b>	<a href="https://www.beatingtheblues.co.uk/">https://www.beatingtheblues.co.uk/</a>	Online Course/Program		Beating the blues is an online cognitive behavioural therapy program for individuals with mild to moderate depression and anxiety. This self-help course provides individuals with modules, worksheets, activities and projects which provide individuals with the appropriate skills to cope.
<b>NYC Well</b>	<a href="https://nycwell.cityofnewyork.us/en/">https://nycwell.cityofnewyork.us/en/</a>	Text services , Phone services, Online Chat services	Toll Free: 1-888-692-9355	NYC Well offers Mental Health and Crisis resources including a text line, phone line and online chat service to support anyone in need of mental health support.
<b>Mental Health Ireland</b>	<a href="https://www.mentalhealthireland.ie/get-support/covid19/">https://www.mentalhealthireland.ie/get-support/covid19/</a>	Wellness Hub,Resource Library		Mental Health Ireland has created a resource library to help individuals protect their mental health and maintain positive wellbeing during uncertain and challenging times. Check out the surplus of articles, videos, and the tips sheets they have created and shared.
<b>Université du Québec à Montréal: Getting Better My Way</b>	<a href="https://allermieux.criusmm.net/en/how-does-it-work/">https://allermieux.criusmm.net/en/how-does-it-work/</a>	Online Course/Program, E-book		Getting Better My Way is a web-based self-management tool to help individuals with mental illness manage their mental health and wellbeing. Individuals can personalize the program by creating their own plan and strategies. Based on their preferences, they are provided with activities, tips and tools to use to improve their mental well being. Print version is also available.
<b>Betterhelp</b>	<a href="https://www.betterhelp.com/faq/">https://www.betterhelp.com/faq/</a>	Telemedicine		Betterhelp is an online counselling platform that provides individuals with access to a licensed therapist. Individuals are required to sign up for the platform and are then matched to a counsellor based on their selected preferences. Individuals can speak to their counsellors via online chat, over the phone, or through video sessions.

Name	Website	Resource Type	Phone Number	Description
<b>Morneau Shepell AbilitiCBT</b>	<a href="https://manitoba.abiliticbt.com/home">https://manitoba.abiliticbt.com/home</a>	Online Course/Program		Morneau Shepell has partnered with the Government of Manitoba to make AbilitiCBT free and accessible on any device to residents of Manitoba. AbilitiCBT is an internet-based cognitive behavioral therapy (iCBT) program. AbilitiCBT includes a special program to help individuals address anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.
<b>St. Vincent's Hospital This Way Up</b>	<a href="https://covid19.thiswayup.org.au/">https://covid19.thiswayup.org.au/</a>	E-book, Wellness Hub		This Way Up has developed guided workbooks with practical tips and strategies to help support individuals struggling with their mental health. The workbooks can be downloaded as a PDF.
<b>American Red Cross Virtual Family Assistance Centre</b>	<a href="https://www.redcross.org/virtual-family-assistance-center.html">https://www.redcross.org/virtual-family-assistance-center.html</a>	Wellness Hub, Resource Library	Toll Free: 833-492-0094T	The virtual family assistance centre offers information and resources to help individuals and families cope during COVID-19. The assistance centre contains a hotline for individuals to connect to a red cross provider, national and state information resources, first aid and wellness courses and other recommended information and self-help resources.
<b>We Can Navigate</b>	<a href="https://www.wecannavigate.com/">https://www.wecannavigate.com/</a>	Wellness Hub, Resource Library		A team-based model that provides resources and treatment options for people experiencing psychosis for the first time. The site contains resources on finding support, speaking to providers, information resources, and tips on managing your mental health.
<b>Canadian Mental Health Association - Mental Health Check-In</b>	<a href="https://cmhabc.force.com/MentalHealthCheckIn/s/">https://cmhabc.force.com/MentalHealthCheckIn/s/</a>	Wellness Hub, Resource Library		The CMHA mental health check-in tool allows individuals to quickly reflect on a few areas of their mental, physical and social well-being. Questions pertain to sleep and eating, stress, mood, substance use, social support, and thoughts of harming one's self. The check-in is anonymous and there is no right or wrong answer. The check-in is not a clinical test or one that will give a score. individuals must talk to a health professional to receive a diagnosis. It helps one identify and explore useful and free resources in BC based the answers.
<b>Togetherall</b>	<a href="https://togetherall.com/en-ca/?from=bwwca%2F">https://togetherall.com/en-ca/?from=bwwca%2F</a>	Discussion Forums & Peer Support		Free online mental health support network for individuals 16+. Allows people to connect with others to share how they are feeling via text, images, etc.
<b>Beyond Blue Coronavirus Mental Wellbeing Support Service</b>	<a href="https://coronavirus.beyondblue.org.au/">https://coronavirus.beyondblue.org.au/</a>	Discussion Forums & Peer Support, Online Chat services		Beyond Blue has developed online community forums and discussion boards which allow individuals to connect with others, share their experiences, and cope with peers during the COVID-19 pandemic. The site also contains information, advice and strategies to help individual's wellbeing and mental health during COVID-19.

Name	Website	Resource Type	Phone Number	Description
<b>TalkSpace COVID-19 Resources</b>	<a href="https://www.talkspace.com/covid-resources">https://www.talkspace.com/covid-resources</a>	Wellness Hub, Online Course/Program, Resource Library		A resource that provides emotional support including counseling for depression, anxiety and other emotional issues. Includes several helpful resources and discussion groups. The counselling and therapy sessions are free of charge during COVID-19 but would otherwise require a monthly subscription charge.
<b>All Right? Getting Through Together</b>	<a href="https://www.mentalhealth.org.nz/get-help/getting-together/">https://www.mentalhealth.org.nz/get-help/getting-together/</a>	Wellness Hub, Resource Library		A national New Zealand mental health and well-being campaign to help individuals get through the mental health impact of COVID-19. The site contains several wellness and wellbeing tips for individuals and other information pertaining to stress, anxiety, and grief.
<b>MindControl: Managing Your Mental Health During COVID-19</b>	<a href="https://www.courseera.org/learn/management/health-covid-19">https://www.courseera.org/learn/management/health-covid-19</a>	Online Course/Program		The purpose of this course is to provide individuals with a deeper understanding of the anxiety reactions created by the pandemic, and the changes in daily life. It also provides strategies to manage and cope with the sudden changes and anxious feelings.
<b>NHS Good Thinking</b>	<a href="https://www.good-thinking.uk/coronavirus/">https://www.good-thinking.uk/coronavirus/</a>	Wellness Hub, Resource Library		Provides digital mental health wellbeing support to Londoners. Includes quizzes, resources, information and NHS approved apps to deal with anxiety, stress, low mood and poor sleep due to COVID-19
<b>Text4Hope</b>	<a href="https://mentalhealthfoundation.ca/text4hope/">https://mentalhealthfoundation.ca/text4hope/</a>	Text services	Text COVID19HOPE to 393939	A free service providing three months of daily CBT based text messages written by local mental health professionals - evidence based tool that helps people identify and adjust negative thoughts during COVID-19 isolation.
<b>Online Therapy Unit: Wellbeing Course For Mental Health</b>	<a href="https://www.onlinetherapyuser.ca/wellbeing-program">https://www.onlinetherapyuser.ca/wellbeing-program</a>	Online Course/Program		Online Therapy Unit has developed the wellbeing course series which aims to provide free education and guidance on simple yet effective techniques for managing depression and/or anxiety. They specifically have created a course to help individuals manage their emotions related to COVID-19 (e.g. Anxiety, Sadness, Loneliness, Anger).
<b>InkBlot</b>	<a href="https://inkblottherapy.com/faq">https://inkblottherapy.com/faq</a>	Telemedicine		A virtual therapy platform that matches individuals with certified and qualified mental health care providers based on your needs and preferences. Individuals fill out a questionnaire with their needs and preferences and are matched with a provider that best suits them. Video/voice sessions are confidential and flexible. Cost per session required.
<b>Nova Scotia Health: COVID-19 Resources</b>	<a href="https://mha.nshealth.ca/en">https://mha.nshealth.ca/en</a>	Wellness Hub, Resource Library	NS Crisis Line: 1-888-429-8167	Nova Scotia Health has compiled several mental health resources, hotlines, and services available to support the mental health of residents in Nova Scotia during COVID-19.

Name	Website	Resource Type	Phone Number	Description
<b>90SecondHealth: COVID Mental Health Letters</b>	<a href="https://90second.com/">https://90second.com/</a>	Online Course/Program		90Second Health is offering Canadians the ability to sign up for free COVID-19 Mental Health Letters. The letters contain reliable and accurate mental health information pertaining to COVID-19.
<b>CAMH Resource Hub</b>	<a href="https://www.camh.ca/en/health-info/mental-health-and-covid-19">https://www.camh.ca/en/health-info/mental-health-and-covid-19</a>	Wellness Hub, Resource Library		CAMH has developed a resource and wellness hub containing a surplus of COVID-19 information and mental health supports during the pandemic. They have included various stories from individuals with lived experience, coping and stress management tips, and other resource links.
<b>Grief Coach</b>	<a href="https://grief.coach/">https://grief.coach/</a>	Text services		Grief Coach offers education and grief support via text messages for individuals who sign-up and subscribe for the service. Their text service is offered internationally, if individuals have a mobile device and number. Individuals will receive personalized text messages twice a week that are based upon their preferences and specific circumstance. Grief coach can support people working through the following losses: COVID-19, accidents, cancer, drug/alcohol related death, homicide, natural causes, still birth, stroke and suicide.
<b>Coping with OCD during the COVID-19 outbreak</b>	<a href="https://tinyurl.com/yxv3rj53">https://tinyurl.com/yxv3rj53</a>	Online Course/Program		Health unlocked has created a program entitled Coping with OCD during COVID-19. The goal of this program is to provide those suffering with OCD the necessary resources to guide them through this difficult time. Anyone looking to manage their anxiety/OCD around COVID-19 should enrol in this program.
<b>Ten Percent Happier: COVID Sanity Guide</b>	<a href="https://www.tenpercent.com/coronavirusanxietyguide">https://www.tenpercent.com/coronavirusanxietyguide</a>	Wellness Hub, E-book, Resource Library		Ten Percent Happier has created the Coronavirus Sanity Guide. They have put together a resource and wellness list of podcasts, blog posts, meditations, and virtual talks that individuals can access free of charge.
<b>ConnexOntario</b>	<a href="https://www.connexontario.ca/en-ca/covid-19">https://www.connexontario.ca/en-ca/covid-19</a>	Phone services, Text services, Online Chat services	Toll Free: 1-866-531-2600	ConnexOntario is available to help and support individuals during the pandemic. They are fully operational and are available via telephone, chat and email 24/7 to provide accurate and up-to-date addiction, mental health and problem gambling information to Ontarians.
<b>Here to Help</b>	<a href="https://www.heretohelp.bc.ca/covid-19-mental-health-supports">https://www.heretohelp.bc.ca/covid-19-mental-health-supports</a>	Wellness Hub, Resource Library, Phone services	Toll Free: 1-800-SUICIDE	Here to Help is an information, wellness hub and resource library updated by resource experts and health professionals. Questions to answers are regularly posted, resources are shared on this website, and information is provided about other programs and services available to British Columbians. Individuals can view the site to find help, support a friend or loved one or learn more about mental health and substance use.
<b>Do More for Agriculture Foundation</b>	<a href="https://www.domore.ag/">https://www.domore.ag/</a>	Wellness Hub, Resource Library		Do More Ag is a Canadian non-profit which aims to address the state of mental health amongst farmers and producers in rural Canada. They have developed resources and blog posts specific to producers and farmers to help them cope and manage their mental health during and beyond COVID-19.

Name	Website	Resource Type	Phone Number	Description
<b>Chimo Helpline</b>	<a href="http://www.chimohelpline.ca/">http://www.chimohelpline.ca/</a>	Phone services	Toll Free: 1-800-667-5005	Chimo is a provincial crisis phone line, accessible 24 hours a day, 365 days a year to all residents of New Brunswick. They provide a competent level of crisis intervention, referrals and vital information in a caring, confidential manner. They can help individuals by providing a listening ear, helpful information, crisis intervention and referrals to resources in the province of N.B.
<b>North West Territory Helpline</b>	<a href="https://www.facebook.com/NWTHelpLine/">https://www.facebook.com/NWTHelpLine/</a>	Phone services	Toll Free: 1-800-661-0844	The NWT Help Line offers confidential support to residents of the Northwest Territories, 24 hours a day, 7 days a week.
<b>MindWellU - New Brunswick</b>	<a href="https://app.mindwellu.com/newbrunswick">https://app.mindwellu.com/newbrunswick</a>	Online Course/Program		<p>The Government of New Brunswick has partnered with MindWell-U, a Canadian health-tech firm, to offer a suite of mindfulness programs to the people of New Brunswick. These programs include:</p> <p><i>The MindWell Challenge:</i> The 30-Day Mindfulness Challenge is an on-line, evidence-based curriculum shown by university researchers to lower stress, increase resilience and improve well-being, performance and optimism.</p> <p><i>The Mini MindWell Challenge:</i> A shorter, slimmed down version of the Full Challenge. The Mini is a great way for those on the fence to get started or for those who feel they are just too busy to commit to 30 days of training.</p> <p><i>Studio BE:</i> Provides a variety of live engaging and informative content that supports learners on their mindfulness journeys.</p>
<b>MindWellU - Nova Scotia</b>	<a href="https://app.mindwellu.com/novascotia">https://app.mindwellu.com/novascotia</a>	Online Course/Program		The Nova Scotia Health Authority, Mental Health and Addictions Program has partnered with MindWell-U, a Canadian health-tech firm, to offer free mindfulness training to the people of Nova Scotia. The 30-Day Mindfulness Challenge is an online, evidence-based curriculum shown by university researchers to lower stress, increase resilience and improve well-being, performance and optimism.
<b>AMI-Quebec</b>	<a href="https://amiquebec.org/coronavirus/">https://amiquebec.org/coronavirus/</a>	Discussion Forums & Peer Support, Online Course/Program, Telemedicine		AMI-Quebec is offering individuals free virtual support during COVID-19. Individuals can sign up for virtual support groups, virtual workshops or virtual family counselling. All services can be accessed through a computer or a smartphone.

Name	Website	Resource Type	Phone Number	Description
<b>211 Ontario</b>	<a href="https://www.211oncovid19.ca/">https://www.211oncovid19.ca/</a>	Phone services, Online Chat services	Toll Free: 211	211 Ontario is a primary source of information on government and community-based social services. Through phone or online chat, individuals can speak to a representative to obtain information on COVID-19 and available resources and services they can access.
<b>Breaking Free</b>	<a href="https://www.breakingfreeonline.ca/">https://www.breakingfreeonline.ca/</a>	Online Course/Program, Discussion Forums & Peer Support		Breaking Free is an engaging, interactive and personalized digital addiction recovery program. In response to the COVID-19 pandemic, Breaking Free Group is offering addiction treatment and healthcare providers across Ontario free access to the program to alleviate pressure on services and support clients who can no longer access interventions.
<b>Reach Out</b>	<a href="https://reachout247.ca/">https://reachout247.ca/</a>	Phone services, Online Chat services	519-433-2023	Reach Out is a confidential 24/7 information, support and crisis service line (online chat and phone) for people living with mental health or addictions concerns in Elgin, Oxford, Middlesex and London.
<b>Canadian Centre on Substance Use and Addiction (CCSA)</b>	<a href="https://www.ccsa.ca/impacts-COVID-19-Substance-Use">https://www.ccsa.ca/impacts-COVID-19-Substance-Use</a>	Resource Library		CCSA is the go-to place in Canada for trusted information on COVID-19 and substance use. They have put together a suite of resources from websites and organizations from around the world, as well publications from their own experts. Their subject-matter experts have gathered this material from sources they believe are trustworthy and credible. They have reviewed it against a set of criteria that includes alignment with evidence.
<b>Supporting Your Mental Health During Coronavirus</b>	<a href="https://coronavirus.allmentalhealth.org/">https://coronavirus.allmentalhealth.org/</a>	Wellness Hub, Resource Library		All Mental Health has developed a free resource hub to support individuals who are struggling with anxiety, stress, and loneliness during COVID-19. Individuals can interact with their platform by clicking on the tiles to obtain coping strategies.
<b>Centre De Renouveau Aulneau Renewal Centre: Wellness Check-In</b>	<a href="https://aulneau.com/covid-19-update/">https://aulneau.com/covid-19-update/</a>	Telemedicine	(204) 987-7090	Aulneau Renewal Centre understands that during these challenging times, you and your family may require additional support to help navigate this journey. We are facilitating wellness checks to help address any anxiety you may have due to COVID-19. Via a phone call, you will have access to a counsellor who can help you look at coping tools and resources to help you and your family during this difficult time. This is for all clients and community members. You do not need to be a client at Aulneau Renewal Centre for this service.
<b>Coronavirus Anxiety Workbook</b>	<a href="https://tinyurl.com/y4fe5p7z">https://tinyurl.com/y4fe5p7z</a>	E-book		The Canadian Mental Health Association and researchers have compiled a COVID-19 Anxiety workbook. The PDF workbook is printable and can be used by individuals who are struggling with anxiety, stress and isolation during this time.

Name	Website	Resource Type	Phone Number	Description
<b>Progress Place Warmline</b>	<a href="http://www.warmline.ca/">http://www.warmline.ca/</a>	Phone services, Text services, Online Chat services	Phone: 416-323-3721 Text: 647-557-5882	Are you feeling lonely, isolated, anxious, depressed or in need of a friendly ear. Chat online, text or call a Warm Line peer support worker. Warm Line is a confidential & anonymous service for adults (18+). The Warm Line is not a crisis line. The Progress Place Warm Line has extended their hours from NOON to MIDNIGHT - 7 DAYS A WEEK.
<b>Body Brave</b>	<a href="https://bodybrave.ca/">https://bodybrave.ca/</a>	Telemedicine		Free, online, virtual treatment groups and workshops for individuals struggling with body image issues, disordered eating or an eating disorder. One-on-one treatment and support groups are facilitated by trained and licensed therapists.
<b>4R's Youth Movement - COVID 19 Community Care</b>	<a href="https://tinyurl.com/y6myak7m">https://tinyurl.com/y6myak7m</a>	Wellness Hub, Resource Library		4R's youth movement has compiled a resource document for Indigenous and Non-Indigenous youth. The document contains various resources, tools, and informational supports to aid youth during and after COVID-19. Content includes mental wellness resources, physical health advice, back to school advice and more.
<b>Confident Parents: Thriving Kids</b>	<a href="https://welcome.cmhacptk.ca/">https://welcome.cmhacptk.ca/</a>	Online Course/Program		Confident Parents: Thriving Kids has two program streams to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges. Behaviour challenges may include uncooperative or disruptive behaviour, aggression or defiance. The first program stream is a Behaviour program and the second is an Anxiety program. Each program assists parents in recognizing their child's symptoms and supporting their children.
<b>Stigma Free Society COVID-19 Youth Wellness Toolkit</b>	<a href="https://stigmafreetoolkit.com/youth-corner/mental-health-management-for-youth/">https://stigmafreetoolkit.com/youth-corner/mental-health-management-for-youth/</a>	Wellness Hub, Resource Library		A toolkit for youth/adolescent's wellbeing during COVID-19. Contains informative resources about coping with mental health during COVID-19.
<b>Your Way</b>	<a href="https://your-way.org.uk/coronavirus/">https://your-way.org.uk/coronavirus/</a>	Online Chat services		Your Way is a UK based organization that has developed a resource hub for youth, adolescents and students. The site contains a number of resources aimed at assisting youth, adolescents and students in maintaining good mental health during COVID-19. They have an online chat service, informational videos, podcasts, wellness tips, and etc.
<b>Jack.org: COVID-19 Youth Mental Health Resource Hub</b>	<a href="https://jack.org/covid">https://jack.org/covid</a>	Wellness Hub, Resource Library		An easy-to-access resource and information hub for youth. The information hub contains mental health resources to help support youth and adolescents during COVID-19.

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<b>Foundry Virtual</b>	<a href="https://foundrybc.ca/get-support/virtual/">https://foundrybc.ca/get-support/virtual/</a>	Telemedicine	BC: 1-833-308-6379	Virtual drop-in counselling (solution focused brief therapy) sessions, peer support check ins and group workshop offerings to youth/adolescents and their caregivers
<b>YMCA YWell</b>	<a href="https://www.gv.ymca.ca/mental-wellness">https://www.gv.ymca.ca/mental-wellness</a>	Online Course/Program		Y Mind Youth, Teen, Adult is a free online seven-week program delivered across BC. This program supports teens, youth, adults who are experiencing symptoms of anxiety to learn and practice evidence-based strategies to cope with stress and anxiety. Y Mind is led by trained mental health professionals and gives youth, teens and adults the chance to connect with others who are experiencing similar thoughts and feelings. Y Mind Well also contains numerous wellness resources and videos.
<b>Kids Help Phone: Crisis Textline</b>	<a href="https://kidshelpphone.ca/need-help-now-text-us/">https://kidshelpphone.ca/need-help-now-text-us/</a>	Text services	Text: GOOD2TALKON to 686868.	Crisis Text Line powered by Kids Help Phone is delivered by volunteer Crisis Responders, with supervision from paid Texting Supervisors, and can be reached using any text/SMS-enabled device by texting GOOD2TALKON to 686868.
<b>WE Well Being</b>	<a href="https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/covid-19-toolkit">https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/covid-19-toolkit</a>	E-book, Resource Library		WE has compiled a well-being toolkit for youth, adolescents and students in response to the COVID-19 pandemic Within the toolkit individuals can find downloadable resources to inform and support themselves and their family during this uncertain time.
<b>COVID-19 Student Support Network</b>	<a href="https://www.covid19mentalhealthawareness.com/">https://www.covid19mentalhealthawareness.com/</a>	Wellness Hub, Discussion Forums & Peer Support, Resource Library		The COVID 19 Student Support Network is a space for post secondary students to share their thoughts and feelings towards the uncertainty around the upcoming school year with their peers. Students, especially those transitioning from high school to university, face an unprecedented situation with a global pandemic changing their way of learning.
<b>Bridge The Gapp</b>	<a href="https://www.bridgethegapp.ca/">https://www.bridgethegapp.ca/</a>	Wellness Hub, Resource Library		The government of Newfoundland and Labrador has developed Bridge the gApp for both youth and adults. The site offers self-help resources, links to local services, and allows individuals to share their own personal stories. Bridge the gApp also connects individuals to an eight-week online self-management program called the BreathingRoom.
<b>Kids Help Phone</b>	<a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a>	Phone services, Online Chat services, Text services	Toll Free: 1-800-668-6868; text CONNECT to 686868	Offers professional phone counselling, information and referrals and text-based support to youth who are looking for mental health and wellness support. They have also partnered with "We Matter" to support Indigenous youth through text, phone and linking with youth programs.

Name	Website	Resource Type	Phone Number	Description
<b>Anna Freud National Centre for Children and Families Coronavirus Support</b>	<a href="https://www.annafreud.org/coronavirus-support/">https://www.annafreud.org/coronavirus-support/</a>	Wellness Hub, Resource Library		A website containing educational and informative resources and tools to assist children, adolescents and parents in navigating the mental health effects of COVID-19
<b>The Jed Foundation: COVID-19 Resource Guide</b>	<a href="https://www.jedfoundation.org/jeds-covid-19-resource-guide/">https://www.jedfoundation.org/jeds-covid-19-resource-guide/</a>	Wellness Hub, Resource Library		The Jed Foundation is supporting individuals during the pandemic in managing their feelings of uncertainty and anxiety. They have created a resource hub for students, adolescents, young adults, and parents which contains various mental health resources and information regarding COVID-19.
<b>LigneParents</b>	<a href="https://www.ligneparents.com/LigneParents">https://www.ligneparents.com/LigneParents</a>	Phone services	Toll Free: 1 800 361-5085	LigneParents is a counselling and support service that provides parents with a support phone hotline to speak with providers. Professional counselors offer free and confidential services 365 days a year.
<b>COVIDWithKids</b>	<a href="https://www.covidwithkids.org/home">https://www.covidwithkids.org/home</a>	Wellness Hub, Resource Library		A place to share and view educational resources, activities, guidelines on how to discuss COVID-19, and back to school tips for families and children during the COVID-19 pandemic.
<b>SickKids: COVID-19 Learning Hub</b>	<a href="https://www.aboutkidshealth.ca/COVID-19">https://www.aboutkidshealth.ca/COVID-19</a>	Wellness Hub, Resource Library		The SickKids AboutKids learning hub contains resources on how to help children cope during COVID-19. It addresses how to support mental health through physical activity, sleep, and learning.
<b>Smiling Mind: Thrive Inside</b>	<a href="https://www.smilingmind.com.au/thrive-inside">https://www.smilingmind.com.au/thrive-inside</a>	E-book, Wellness Hub		Smiling Mind has created a new web page entitled "Thrive Inside". Thrive Inside is a resource hub for parents and their children containing resources to navigate the uncertainty and anxiousness created by the COVID-19 Pandemic. They have created digital care packs tailored for children.
<b>Priorité Parents</b>	<a href="https://fqocf.org/parents/priorite-parents/">https://fqocf.org/parents/priorite-parents/</a>	Online Chat services		Priorité Parents is a completely free support service for any parent, father or mother, who is in a difficult family situation or who is looking for tips and tricks to implement with their child. Simply fill out the contact form and a member of the team will contact you.
<b>EASE: Everyday Anxiety Strategies for Educators</b>	<a href="https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease">https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease</a>	Online Course/Program		In response to the COVID-19 pandemic, the EASE classroom activities were adapted for use at home by parents and caregivers to support children's mental health and continuous learning. These fun and practical strategies help guide parents and caregivers in managing their children's anxiety and worries in the comfort of their home during the COVID-19 pandemic and beyond. Simply click on the grade range your child is currently to view tips and techniques to help their anxiety.

Name	Website	Resource Type	Phone Number	Description
<b>Thunderbird Partnership Foundation COVID-19 Resources</b>	<a href="https://thunderbirdpf.org/covid-19/">https://thunderbirdpf.org/covid-19/</a>	Wellness Hub, Online Course/Program, Discussion Forums & Peer Support		Thunderbird has created a resource hub for Indigenous peoples during the COVID-19 pandemic, which contains virtual training courses, webinars, and on-going weekly conference calls to support and connect with treatment centres. Thunderbird is also continuing to advocate with government partners to ensure Indigenous communities receive the support they need to support those who need it most during this pandemic
<b>Hope for Wellness Helpline</b>	<a href="https://www.hopeforwellness.ca/">https://www.hopeforwellness.ca/</a>	Online Chat services, Phone services	Toll Free: 1-855-242-3310	Provides immediate, culturally safe, telephone crisis intervention, 24 hours a day, seven days a week in English and French and upon request in Cree, Ojibway and Inuktitut. Either call the hotline or speak with someone through their online chat.
<b>First Peoples Wellness Circle</b>	<a href="https://www.fpwc.ca/">https://www.fpwc.ca/</a>	Wellness Hub, Resource Library		A national, not-for-profit corporation governed and managed by Indigenous Leaders which exists to improve the lives of Canada's First Peoples by addressing health and mental health challenges. They have provided guidance material on how to support Indigenous individuals, families, elders and communities. They have also offer national virtual gatherings with Mental Wellness Teams to support during COVID-19.
<b>COVID-19 Indigenous Content Coalition</b>	<a href="https://s3.amazonaws.com/rmc-payloads-prod/Projects/Y35/RumieData_Project322/Rumie/index.html#/libraries">https://s3.amazonaws.com/rmc-payloads-prod/Projects/Y35/RumieData_Project322/Rumie/index.html#/libraries</a>	Wellness Hub, Resource Library		Indigenous organizations and allies have partnered to create a free and accessible digital resource library. The library contains resources to support home learning with COVID-19 safety, mental well being, and activities.
<b>Dakota Ojibway Health Services</b>	<a href="https://mkonation.com/covid19mentalwellness/">https://mkonation.com/covid19mentalwellness/</a>	Phone services	Toll Free: 1-833-600-0087	An on-call service will be available during the COVID-19 pandemic via telephone and FaceTime. The on-call service is open to talk and debrief with the local health care providers and community members that are feeling isolated and distressed. Services six communities: Birdtail Sioux, Dakota Tipi, Long Plain, Roseau River, Sandy Bay, and Swan Lake
<b>Keewatin Tribal Council (KTC)</b>	<a href="https://mkonation.com/covid19mentalwellness/">https://mkonation.com/covid19mentalwellness/</a>	Phone services	(204) 307-1905	During the COVID-19 pandemic, the Mental Wellness Team provides on-call crisis services seven days a week from 8:30 am to 4:30 pm, through telehealth, telephone, or teleconferencing. One-on-one counselling, family counselling, and therapy is available. Services eleven communities: Barren Lands, Bunibonabee, Fox Lake, God's Lake, MantoSipi, Northlands, Sayisi Dene, Shamattawa, Tataskweyak, War Lake, and York Factory
<b>KUU-US Crisis Line</b>	<a href="https://www.kuu-uscrisisline.ca/">https://www.kuu-uscrisisline.ca/</a>	Phone services	British Columbia: 250-723-4050	Nuu-chah-nulth members held a community meeting with frontline emergency responders, counsellors, and the general public to develop the KUU-US crisis line. This crisis line provides 24/7 crisis and mental health support to Indigenous peoples in BC.

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<b>We Matter Campaign: COVID-19 Resources</b>	<a href="https://wemattercampaign.org/toolkits/youth">https://wemattercampaign.org/toolkits/youth</a>	E-book, Resource Library		An Indigenous organization that focuses on life promotion and messages of hope and resilience. They have developed toolkits for youth with resources and information to help support them during COVID-19. Print options and mail options available for those who cannot access the online toolkit.
<b>Talk4Healing</b>	<a href="http://www.talk4healing.com/">http://www.talk4healing.com/</a>	Online Chat services, Text services, Phone services	Ontario: 1-855-554-4325	Helpline for indigenous women (culturally grounded and confidential). Lines are available to provide support during COVID-19
<b>Indigenous COVID Pathways Hotline</b>	<a href="https://tdin.ca/resource.php?id=687">https://tdin.ca/resource.php?id=687</a>	Phone services	437-703-8703 (GTA Only)	Indigenous COVID Pathways hotline is a hotline available 7 days a week between 4-9pm for Indigenous peoples in Toronto looking for culturally safe health information, referrals, and information on Indigenous midwives and physicians. They are offering COVID-19 support by answering questions related to COVID-19 and ways to stay safe and well.
<b>Native Women's Association of Canada: COVID-19 Support Services</b>	<a href="https://www.nwac.ca/covid19-support/">https://www.nwac.ca/covid19-support/</a>	Wellness Hub, Phone services	Toll Free: 888-664-7808	Committed to supporting First Nations, Inuit and Metis women, girls and gender-diverse peoples with the addictions and mental health support they may need during COVID-19. Their team of in-house Elders is available during this time of crisis via phone, Monday-Friday from 9-11am EST and 1-3pm EST.
<b>LGBT Youthline</b>	<a href="https://www.youthline.ca/">https://www.youthline.ca/</a>	Online Chat services, Text services, Discussion Forums & Peer Support	text: 647-694-4275	Peer support hotline for LGBTQ2S+ youth in need of mental health support. Youth can either text the provided number or speak with a peer on the online chat.
<b>MAX Organization Peer Support Program</b>	<a href="https://maxottawa.ca/covid19/">https://maxottawa.ca/covid19/</a>	Discussion Forums & Peer Support	Ottawa: 613-701-6555	MAX Organization is an Ottawa based organization supporting guys who are into guys. In response to the physical distancing enacted by COVID-19 they have created a virtual peer support program for guys into guys. Call to book a peer support session or visit their website to register.
<b>Good2Talk Support During COVID-19</b>	<a href="https://good2talk.ca/">https://good2talk.ca/</a>	Phone services, Text services	Ontario: 1-866-925-5454. Text GOOD2TALKON to 686868; Nova Scotia: 1-833-292-3698 or Text GOOD2TALKNS to 686868	Good2Talk is a free and confidential helpline for post-secondary students in Ontario and Nova Scotia. It connects students with a professional counsellor who can provide support on various mental health and addiction topics

Name	Website	Resource Type	Phone Number	Description
<b>Columbia University Go Ask Alice</b>	<a href="https://goaskalice.columbia.edu/basic-page/all-about-alice">https://goaskalice.columbia.edu/basic-page/all-about-alice</a>	Wellness Hub, Resource Library		Go Ask Alice! is the health Q/A Internet resource produced by Alice! Health Promotion at Columbia University. Go Ask Alice! has three frequently used features: 1) New Go Ask Alice! Q&As of the Week gives you the most recently published inquiries and responses. 2) Search Go Ask Alice! to find health information by subject via a search of the ever-growing Go Ask Alice! archives, which contain thousands of previously-posted questions and answers, and reader responses. 3) Ask Alice! gives you the chance to ask and submit a question.
<b>Healthy Minds Nova Scotia</b>	<a href="https://healthymindsns.ca/">https://healthymindsns.ca/</a>	Resource Library		HealthyMindsNS has been created to make sure students have access to mental health supports whenever they need them, strengthen students' knowledge of mental health issues and provide a wider array of resources, particularly for students experiencing mild to moderate symptoms. The site contains several resources available to students to help support them during COVID-19.
<b>Centre for Innovation on Campus Mental Health: More Feet on the Ground</b>	<a href="https://morefeetontheground.ca/">https://morefeetontheground.ca/</a>	Online Course/Program		This online resource and course is intended to be a one-stop shop for any campus professional or student leader looking to understand more about mental health and refer a student to relevant programs or departments. It was developed to help faculty, administration and campus staff learn how to recognize, respond and refer students experiencing mental health issues on campus.
<b>Women's College Hospital Mother Matters</b>	<a href="https://www.womenscollegehospital.ca/care-programs/mental-health/mother-matters">https://www.womenscollegehospital.ca/care-programs/mental-health/mother-matters</a>	Discussion Forums & Peer Support		MOTHER MATTERS is an 8-week online support group run by the Mental Health Program at Women's College Hospital. It will take place on a confidential discussion board, giving you the opportunity to share your thoughts, feelings, and experiences, while learning from and supporting other mothers. Each week a new topic will be explored, relating to issues that commonly emerge during the first year of life with a new baby.
<b>Pacific Post Partum Support Society</b>	<a href="http://postpartum.org/">http://postpartum.org/</a>	Phone services, Text services, Discussion Forums & Peer Support	Toll Free: 1-855-255-7999	Pacific Postpartum Support Society provides a variety of free or low-cost programs for mothers experiencing a difficult pregnancy or postpartum adjustment, including postpartum depression and anxiety (PPD/A). We offer a range of services, depending upon individual's needs which include, telephone support, weekly virtual support groups, and information resources and materials.

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<b>Fem'aide</b>	<a href="http://femaide.ca/covid-19/">http://femaide.ca/covid-19/</a>	Phone services	Toll Free: 1 877-336-2433	Fem'aide offers french speaking women struggling with gender-based violence, support, information and referral to appropriate services in their community. The hotline is available 24/7 and is facilitated by professional counsellors.
<b>Assaulted Women's Hotline</b>	<a href="https://www.awhl.org/covid-19">https://www.awhl.org/covid-19</a>	Phone services	Toll Free: 1-866-863-0511	The Assaulted Women's Hotline and the Senior Safety Line are delivering 24/7 crisis counselling for women and seniors in the province of Ontario. Qualified counsellors provide emotional support and crisis intervention for women and seniors.
<b>A Friendly Voice</b>	<a href="https://www.afriendlyvoice.ca/about">https://www.afriendlyvoice.ca/about</a>	Phone services	613-692-9992, 1-855-892-9992	A Friendly Voice is a phone chat line that was designed to provide an option for seniors who may be feeling lonely or isolated to speak with empathetic and supportive volunteers. Through their conversation's volunteers will encourage and support callers to engage with their community. If requested, volunteers can assist the senior by providing contact information for local services and programs from publicly accessible information sources.
<b>Champlain Community Support Network COVID-19 Response Site</b>	<a href="https://communitysupport.covidresponse.ca/">https://communitysupport.covidresponse.ca/</a>	Wellness Hub, Resource Library		The site is a wellness and resource hub, providing support services, information and resources to older adults in need during the pandemic.
<b>No Islander Alone: Support for Seniors</b>	<a href="https://www.princeedwardisland.ca/en/information/health-and-wellness/no-islander-alone-support-seniors">https://www.princeedwardisland.ca/en/information/health-and-wellness/no-islander-alone-support-seniors</a>	Phone services	Toll Free: 1-844-954-7433	The No Islander Alone initiative is a partnership with United Way PEI and funded by the Government of Canada New Horizons for Seniors program. Hospice PEI launched the No Islander Alone program in response to COVID-19 to support seniors who are isolated from their communities by the pandemic. Specially trained volunteers of Hospice PEI are available to provide wellness checks and support by phone to seniors across Prince Edward Island. Volunteers can also help seniors and families to navigate and identify any additional supports required. If you are a PEI senior, or know of someone who is and would benefit from the program, call Hospice PEI to enroll and your name will be placed on a call list.
<b>Help Next Door</b>	<a href="https://helpnextdoor.mb.ca/">https://helpnextdoor.mb.ca/</a>	Discussion Forums & Peer Support		Help Next Door MB is a platform that connects Manitoba residents who are unable to leave their residences (elderly, disabled, vulnerable) and who require items such as social support, groceries, medication, emergency snow clearing (and more), with a volunteer to perform the necessary tasks.

Name	Website	Resource Type	Phone Number	Description
<b>Black Dog Institute MyCompass</b>	<a href="https://www.mycompass.org.au/">https://www.mycompass.org.au/</a>	Wellness Hub, Resource Library		MyCompass is a free online self-help program for people with mild to moderate depression, anxiety and stress. It's can also be used by individuals looking to better their mental health. The program contains 14 interactive modules and learning activities to aid individuals in building and learning strategies to improve their mental health. The program also includes a self-tracking component which allows one to track their thoughts, feelings and behaviours.
<b>PROTECH - Pandemic Rapid-Response Optimization to Enhance Community Resilience and Health</b>	<a href="https://projectprotech.ca/">https://projectprotech.ca/</a>	Wellness Hub, Text services, Phone services, Online Chat services	Toll Free: 1-888-210-6606	Pandemic Rapid-Response Optimization To Enhance Community-Resilience and Health (PROTECH) is a community-engaged action research project that aims to reduce the negative impact of the COVID-19 pandemic on Chinese Canadians and other affected groups while promoting community resilience. The research group has created online tools to support Chinese Canadians which includes a COVID-19 Information Hub, online mindfulness and social justice training courses, and online text/phone/chat counselling.
<b>Naseeha</b>	<a href="https://naseeha.org/">https://naseeha.org/</a>	Text services , Phone services	Toll Free: 1 (866) 627-3342	Naseeha provides both the Muslim and non-Muslim community with the tools to address individual's mental health. They offer a confidential helpline to youth for immediate, anonymous and confidential support over the phone from 12pm-9pm, 7 days a week.
<b>BlackLine</b>	<a href="https://www.callblackline.com/">https://www.callblackline.com/</a>	Phone services, Text services	Toll Free: 1-800-604-5841	A phone or text line that offers crisis or mental health support to Black, Indigenous, and People of Colour (BIPOC). The phone/text line is available 24 hours a day, 7 days a week. Free of charge.
<b>Partnership to End Addiction</b>	<a href="https://parentcoachescorner.us11.list-manage.com/subscribe?u=ce0c51a57ca1dec05dbdb9199&amp;id=8aa95fe375">https://parentcoachescorner.us11.list-manage.com/subscribe?u=ce0c51a57ca1dec05dbdb9199&amp;id=8aa95fe375</a>	Discussion Forums & Peer Support		Partnership to End Addiction is a free online support group for parents and caregivers who have a teen or adult children who are experimenting or struggling with substances or are in early recovery. They are offering free online weekly gatherings which are facilitated by parent coaches and clinical helpline staff.

**Disclaimer:** *These resources are not sponsored, nor does the research team have any affiliation with them. As well, the resource list is not a comprehensive list of digital mental health resources. The resources were selected for inclusion based on strict inclusion criteria.*

#### Point of Contact

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