



Mental Well-Being Resources – COVID-19

With COVID-19 being the forefront of all conversations, it's impacting the mental health and well-being of many of us.

Here are a few resources that you might find helpful:

- As Canadians are being challenged due to isolation, financial uncertainty and disruptions to daily life, Wellness Together Canada is portal that the government has recently launch to provide tools and resources for Canadians to get back on track:
<https://ca.portal.gs/>
- A service by Canadian Mental Health Association called BounceBack - it is being offered free of charge to Ontarians. It is a free, guided self-help program that is effective in helping people aged 15 and up who might be experiencing mild-to-moderate anxiety or depression, stress, worry etc.:
<https://bouncebackontario.ca/>
- The Mental Health Commission of Canada has a resource hub for mental health and well-being:
<https://www.mentalhealthcommission.ca/English/covid19>
- Stronger Minds, by Beacon Canada is a digital tool where participants get day-to-day guidance from the extensive team of clinical psychologists. Through videos, quick reads and resilience-building activities, participants learn to protect their well-being:
<https://www.mindbeacon.com/strongerminds>
- The Canadian Centre for Occupational Health and Safety has also made select courses and publications freely available to help support workplaces in their efforts to protect the health and well-being of their employees:
<https://www.canada.ca/en/centre-occupational-health-safety/news/2020/03/ccohs-makes-courses-and-publications-available-to-help-workplaces-during-covid-19-pandemic.html>

If you have any questions or concerns about your health/well-being, please feel welcome to contact us at info@advicahealth.com