

Mental health resources for staff during COVID-19

Updated April 14 2020

During this time, it is especially important to practice self-care to stay healthy and be resilient. This not only includes taking care of your physical health – exercising, eating and sleeping well – but attending to your mental health as well!

Remember to take a break from the news and social media. We are constantly being bombarded with COVID-19 information, which can cause an increase in stress and anxiety. Make sure to get your information from credible sources such as [WHO](#), [Health Canada](#) and the Ontario [Ministry of Health](#).

The following are mental health and wellness resources for employees specifically related to the challenges of coping with COVID-19. We will be updating this document regularly. Please send any suggestions to humanresources@hollandbloorview.ca

Mental health resources for health care workers during COVID-19

- [Mental health and COVID-19: Services for health care workers](#) from CAMH
- [Mental health and COVID-19: Self-referral for health care workers](#) from CAMH
- [Free mental health services for front-line workers](#) from Canadian Psychological Association

General mental health resources during COVID-19

- [Mental health and the COVID-19 pandemic](#) from CAMH
- [COVID-19: Managing stress in this anxious time](#) from the Institute for Disaster Mental Health
- [Emotional well-being during the COVID-19 pandemic](#) (webinar) from Morneau Shepell

If you or a family member is in crisis

- [Distress centers of Toronto](#) <https://dcogt.com/>

Mindfulness

- [Exercises for stress reduction & deep relaxation](#)
- [Mindful self-compassion meditations](#)
- [3-minute mindful breathing meditation](#)
- [Meditation 101](#)
- [Anxiety Canada guided meditations](#)

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