

Mental Health and Addictions Virtual Care Library Catalogue

What is the MH & A Virtual Care Library Catalogue?

The goal of this catalogue is to make it easier to get started with accessing online educational materials and virtual resources to support your mental health and wellness.

How does this work?

This catalogue contains a list of virtual resources and programming related to mental health and addictions support and coping.

The catalogue is divided into 3 sections:

1. **Educational Resources:** Online materials for reading and viewing.
2. **Virtual Care Programming:** Online groups and services where you can engage with providers or other clients for learning and support with minimal or no referral processes.
3. **Community Service Databases:** You can search for other health and social services available in Burlington and surround areas using these databases.

How do I use the databases?

To search for services in a database:

1. Scroll down in this document to the section that says "Community Service Databases".
2. Select the database you are interested in by clicking on the organization name.
3. Use the search features on the website to indicate what type of service you are looking for.
4. Scroll through the results and click on the services you would like to learn more about.

Anything else I should know?

The items in this document may become outdated over time and therefore the provider websites should be considered the most up to date source of information.

We encourage you to use your discretion in accessing the resources that are the best fit for you. These resources are not intended to replace medical care or advice. If you are unsure of what types of support or services you may benefit from, please follow up with a System Navigator or your care team.

1. Educational Resources	
Online resources you can read or view for education regarding mental health, addiction and wellness coping strategies.	
Community Provider or Organization	Resources Offered
Canadian Mental Health Association (CMHA) Halton Branch Blog	<p>CMHA provides a wide range of mental health services and supports to people who are experiencing mental illness and their families.</p> <p>Their blog contains articles on the topic of mental health, addiction, and recovery, such as:</p> <ul style="list-style-type: none"> • Coping With Anxiety During the COVID-19 Pandemic (click here to view) • Seasonal Affective Disorder (SAD): Is it really a “thing”? (click here to view) • Click here to see more to their blog.
Centre for Addiction and Mental Health (CAMH)	<p>Their Mental Health and the Covid-19 Pandemic webpage offers educational materials on coping in relation to the pandemic. Some topics for further reading include:</p> <ul style="list-style-type: none"> • Stress and Anxiety (click here to view) • Loss, Grief and Healing (click here to view) • Stigma and Prejudice (click here to view) • Quarantine and Isolation (click here to view)
Mental Health Commission of Canada	<p>Offers curated, evidence-based information on resources to maintain mental health during the pandemic. Some topics include:</p> <ul style="list-style-type: none"> • Goal setting in a year of uncertainty (click here to view) • Quick tips to reduce anxiety (click here to view)

<p>Positive Space Network</p>	<p>Provides 2SLGBTQ+ youth programming and supports throughout Halton Region. They also offer educational resources on their website, such as:</p> <ul style="list-style-type: none"> • An interactive workshop, providing strategies and skills for supporting 2SLGBTQ+ youth (click here to view) • Mental Health in Viral Times - A video for youth to experience grounding, validation and what it means to care for yourself (click here to view)
<p>Reach Out Centre for Kids (ROCK)</p>	<p>ROCK's Online Learning Portal offers online courses related to mental health and wellness for parents and youth. Some courses are offered in English, Arabic, and Urdu. Some courses require making an account, however many do not. Some examples of their course videos include:</p> <ul style="list-style-type: none"> • Understanding Youth Mental Health and Addictions (click here to view) • Self Care for Parents and Caregivers who Support Children with Mental Health and Wellbeing (click here to view) • Click here to see more on their website.
<p>Support House</p>	<p>Support House offers a range of housing, mental health, substance use and peer support services.</p> <p>The Self Help Resources section of their website lists some self help resources for overall wellness, such as mindfulness meditation and yoga practices. (click here)</p>
<p>The Ontario Caregiver Organization</p>	<p>Provides online educational webinars to support caregivers of those with physical and mental health concerns. Some examples of mental health caregiver webinars include:</p> <ul style="list-style-type: none"> • Caregiving, Conflict, & Compassionate Communication (click here to view) • Cultivating Mindfulness for Well-being Among Caregivers (click here to view) • Click here to see other options.

2. Virtual Care Programming

Online groups and services where you can connect with others for learning and support related to mental health, addiction, and wellness.

Community Provider or Organization	Resources Offered
<p>BounceBack®</p>	<p>BounceBack is a free, guided self-help program for people who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Note that signing up on their website is required to access resources. Check out their website for more information.</p> <ul style="list-style-type: none"> • Participants can receive skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health. • Their <i>Coaching Program</i> facilitates a trained BounceBack® coach to help clients learn skills to improve their mental health in up to six telephone sessions over three to six months. To receive telephone coaching support, clients must either be referred by their primary care provider (family doctor, nurse practitioner) or psychiatrist, or they may self-refer as long as they're connected with a primary care provider. See more details of how to self-refer on their website. • Coaching and workbooks are available in English, French, Arabic, Farsi, Traditional Chinese and Spanish. •
<p>CMHA Halton</p>	<p>CMHA provides a wide range of mental health services and supports to people who are experiencing mental illness and their families.</p> <p>Their Peer Support Program provides tips, strategies, and support to help you navigate your health and wellness in your own way. Examples of their offerings include:</p> <ul style="list-style-type: none"> • Just Breathe • Family Support Workshop <p>Note that registration is required. (click here to view more details and registration information).</p>

<p><u>Concurrent Disorders Capacity Building Team at Saint Joseph's Healthcare Hamilton</u></p>	<p>The Concurrent Disorders Program provides integrated care for individuals who experience concurrent disorders (mental health and addiction issues simultaneously) across St. Joseph's Healthcare Hamilton (SJHH) and the surrounding community. Check out their main website for more about their services.</p> <p>They also offer daily virtual drop in groups on topics that support self-management and coping. Some examples include:</p> <ul style="list-style-type: none"> • Steps to Recovery • Acceptance and Commitment Therapy <p>Note that some of their programs do require registration. Get more details on their webpage <u>here</u>.</p>
<p><u>Support House</u></p>	<p>Support House offers a range of housing, mental health, substance use and peer support services.</p> <ul style="list-style-type: none"> • They offer free, drop-in, virtual social connection opportunities that are open to anyone aged 16 and older. No registration or commitment required. Check out their Social Connection webpage to learn more (click <u>here</u> to view). • They also offer Virtual Self Help groups on topics related to wellness and coping, which do require a short registration (click <u>here</u> to learn more).

3. Community Service Database

Use these databases to find services related to mental health, addiction, and other social supports and learn how to connect with them further. These services may be in person and/or virtual.

Community Provider or Organization	Resources Offered
ConnexOntario	<p>ConnexOntario is an information and referral service, focusing on mental health, addiction, and problem gambling services in the province. They provide support via phone, web-chat and email 24/7.</p> <ul style="list-style-type: none"> You can call 1-866-531-2600 to receive system navigation or you can also explore their online directory here.
Halton Community Service Directory	<p>This directory provides a searchable database of information and services available in Halton. Check out the below pages to go directly to the directories listed:</p> <ul style="list-style-type: none"> Parenting Directory (click here) Seniors Directory (click here) Youth Directory (click here)
Halton Region	<p>Directory of services available in the Halton region.</p>
Hamilton Niagra Haldimand Brant Healthline	<p>This service directory provides information regarding health services in or around Burlington. Go directly to the list of mental and addiction resources here:</p> <ul style="list-style-type: none"> Mental Health Resources (click here) Addiction Resources (click here)
Wellness Together Canada	<p>This portal is dedicated to adult and youth mental wellness. They offer self-help, peer support, and counselling resources. An online account is required for some resources.</p> <ul style="list-style-type: none"> Check out their Resource Selector to search for resources (click here).