

## Resources for Persons with Stroke, Families and Caregivers

### Mental Health

- The resources have been collected by the Ontario Regional Stroke Networks' Community & Long-Term Care Group to share with persons living with the effects of stroke, families/informal caregivers and health professionals
- These pages contain links to information, materials and other content that may provide support during isolation due to the pandemic
- Please note these are suggestions ONLY and have not been reviewed or endorsed and some may include a cost

Topic/Name	Description	Link
Anxiety and Depression Association of America	How to manage anxiety during isolation	<a href="https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and">https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and</a>
BC Care Providers Association	Caring for your mental health during COVID-19	<a href="https://bccare.ca/2020/03/taking-care-of-your-mental-health-during-the-covid-19-pandemic/">https://bccare.ca/2020/03/taking-care-of-your-mental-health-during-the-covid-19-pandemic/</a>
Canadian Mental Health Association	BounceBack® Program Program to help manage mood, depression, anxiety, stress or worry online or by phone.	<a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a>
Centre for Addiction and Mental Health	Mental health support during COVID-19	<a href="http://www.camh.ca/en/health-info/mental-health-and-covid-19">http://www.camh.ca/en/health-info/mental-health-and-covid-19</a>
	Maintaining mental wellness during COVID-19	<a href="https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping">https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping</a>
Friendly Voice for Seniors	Phone support available 7 days/week from 8 am to 12 pm. Services in French and English for any Ontario resident 55 years or older.	Toll free at 1-855-892-9992.

Mental Health Commission of Canada	Mental health first aid during COVID-19	<a href="https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide">https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide</a>
On Line Therapy	Digital mental health supports	<a href="https://www.mindbeacon.com/">https://www.mindbeacon.com/</a>
Self Care Strategies	Coping strategies for self-care	<a href="https://www.wellwood.ca/self-care/">https://www.wellwood.ca/self-care/</a>
World Health Organization (WHO)	Mental health considerations during COVID-19	<a href="https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2">https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2</a>

## Mental Health Hotlines

Name	Phone number
Crisis Services Canada	1-833-456-4566
Gerstein Centre	416 929-5200
Mental Health Helpline	1-866-531-2600
Obsessive Compulsive Disorder Helpline	416-920-5887
Spectra Helpline Multilingual Distress Line (10am-10pm). Available languages: Cantonese, English, Hindi, Mandarin, Portuguese, Punjabi, Spanish, and Urdu	905-459-7777
Toronto Distress Centre	416 408-4357
Victim Support Line	416-314-2447

## Indigenous Hotlines

Name	Phone number
Aboriginal Crisis Intervention Line	416-531-0330
Anishnawbe Mental Health Crisis	416-891-8606
First Nations & Inuit Hope for Wellness Line	1-855-242-3310
Talk4Healing (Indigenous Women)	1-855-554-4325

## Seniors Hotlines

Name	Phone number
Seniors Safety Line	1-866-299-1011
Toronto Seniors Helpline	416-217-2077