

ONTARIO RESOURCES

<http://www.healthforceontario.ca/UserFiles/file/PracticeOntario/TiPS/TiPS-PWB-EN.pdf>



[MindshiftCBT app](#)



anxietycanada.ca



MINDFULNESS

- [Tara Branch : https://www.tarabrach.com/pandemic/](https://www.tarabrach.com/pandemic/)
- www.Palousemindfulness.com (free out of University of Massachusetts Medical School)
- APPS : The Mindfulness App, Calm, Headspace, Buddify
- And the Calgary connection with: www.TheBreathProject.org (Dr Phil Blustein)
- www.Wellnessthroughmindfulness.com (Dr. Allan Donsky et al)



- Mass General Center for Addiction Medicine
<https://scholar.harvard.edu/bettina.hoepfner/sis>
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- <https://emergency.cdc.gov/coping/responders.asp>
-

Primary Care PTSD Screener: [ptsd.va.gov](https://www.ptsd.va.gov) (free download)



<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Substance Abuse rates increase

A few Headlines.....

Concerns over 'alarming shift' in alcohol sales during pandemic

After a long day of lockdown how essential is a drink?

COVID – 19 Liquor store and cannabis sales jumping

Liquor stores in BC see record sales during coronavirus pandemic



Online

12 Step Online Meetings

This is a directory of online Alcoholics Anonymous meetings in various formats, including email, chat room, audio/video, discussion forums, and telephone.

Alcoholics Anonymous - <http://aa-intergroup.org/directory.php>

Cocaine Anonymous - <https://www.ca-online.org/>

Narcotics Anonymous - <https://www.na.org/meetingssearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&order-by=distance>

Online

AA Sober Living

Online recovery help for those in all stages of recovery, family, friends and loved ones including message boards, chats, blogs, and daily and weekly readings.

www.aasoberliving.com

SMART Recovery

This website includes message boards, chat rooms, online meetings, and an online library of recovery resources.

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Text4Hope Program- coping Strategies on your phone!

Text4Hope

Supporting Mental Health & Wellness in a Time of Stress & Isolation

Feeling stress, anxiety and depression due to the COVID-19 crisis? We can help.

The Mental Health Foundation, in partnership with Calgary Health Trust, the University Hospital Foundation, the Royal Alexandra Hospital Foundation, Alberta Cancer Foundation and the Alberta Children's Hospital Foundation, is supporting a new Alberta Health Services program Text4Hope – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)-based text messages written by mental health therapists.

An Alberta-based innovation, Text4Hope is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours a pandemic might be expected to provoke.

Through a set of daily messages, people receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.

Community members simply subscribe to receive ongoing supportive content. There is no cost.



Text COVID19HOPE to 393939 to subscribe.

How to Connect

Text COVID19HOPE to 393939 to subscribe.

The program provides one-way communication and does not replace other mental health therapies and supports. It is a helpful option for people in self-isolation who can't access face-to-face services, as well as those in remote locations.

Text messages are free, dependent on the users cell phone plan. Some users may be charged per text message depending on their cell phone plan with their current provider. We encourage users to check with their provider. If they are unable to sign-up due to potential costs, we encourage them to visit [Help in Tough Times](#) where free resources are available, including variety of mental health related podcasts and videos for download.

Primary Care PTSD Screener : ptsd.va.gov (freedownload)

Scale

Sometimes things happen to people that are unusually or especially frightening, horrible, or traumatic. For example:

- a serious accident or fire
- a physical or sexual assault or abuse
- an earthquake or flood
- a war
- seeing someone be killed or seriously injured
- having a loved one die through homicide or suicide.

Have you ever experienced this kind of event?

YES / NO

If no, screen total = 0. Please stop here.

If yes, please answer the questions below.

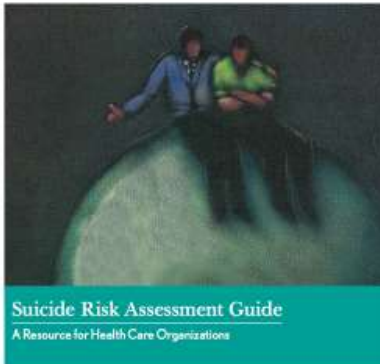
In the past month, have you...

1. Had nightmares about the event(s) or thought about the event(s) when you did not want to?
YES / NO
2. Tried hard not to think about the event(s) or went out of your way to avoid situations that reminded you of the event(s)?
YES / NO
3. Been constantly on guard, watchful, or easily startled?
YES / NO
4. Felt numb or detached from people, activities, or your surroundings?
YES / NO
5. Felt guilty or unable to stop blaming yourself or others for the event(s) or any problems the event(s) may have caused?
YES / NO



Very comprehensive Canadian document on Suicide including scales and research
Canadian Patient Safety Institute/Ontario Hospital Assoc

patientsafetyinstitute.ca



Key Principles to Consider When Conducting Suicide Risk Assessment (adapted from Granello, 2011):

Suicide Risk Assessment....

1. Is Treatment and Occurs in the Context of a Therapeutic Relationship
2. Is Unique for Each Person
3. Is Complex and Challenging
4. Is an Ongoing Process
5. Errs on the Side of Caution
6. Is Collaborative and Relies on Effective Communication
7. Relies on Clinical Judgement
8. Takes all Threats, Warning Signs, and Risk Factors Seriously
9. Asks the Tough Questions
10. Tries to Uncover the Underlying Message
11. Is Done in a Cultural Context
12. Is Documented

College of Nurses of Ontario



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COVID-19 What is CNO? Protect the Public Become a Nurse Standards & Learning Quality Assurance The Standard Maintain Your Membership

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COVID-19 information

COVID-19: How to register

COVID-19: Practice resources

COVID-19 information

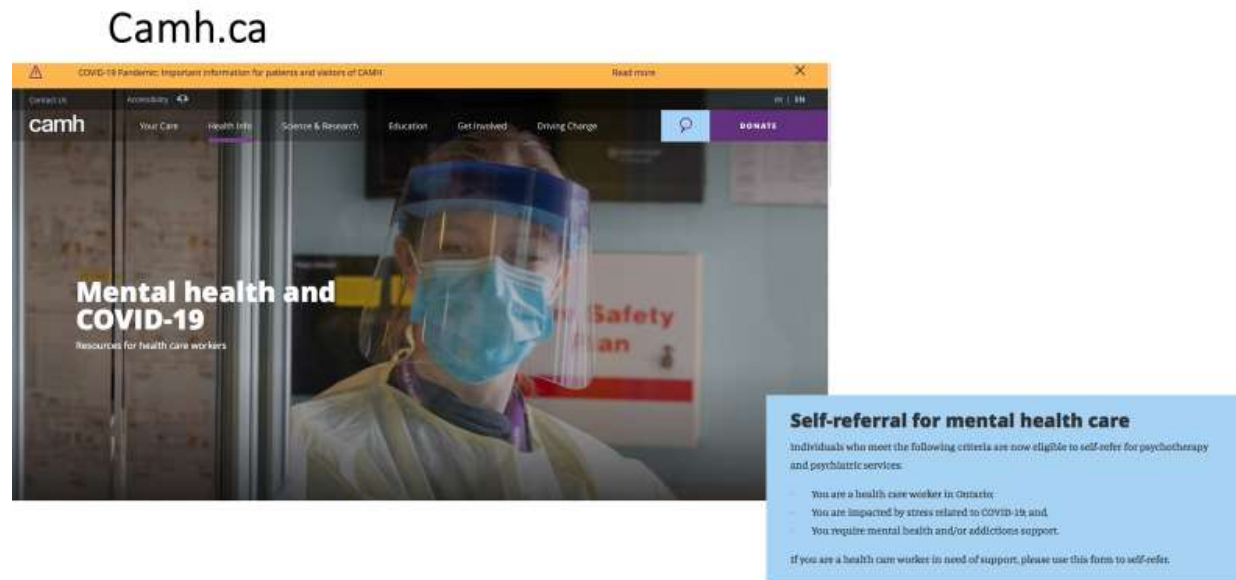
At CNO, we are working as quickly as possible to help support Ontario's health care system during the rapidly changing COVID-19 pandemic. We are doing our best to get you the support you need. We are prioritizing our efforts to ensure as many nurses as possible are available to deliver the care needed while keeping you, your patients and your colleagues safe.

COVID-19 update: Standard of care and nurses' accountabilities

CNO acknowledges that it is an unprecedented time in health care. We understand that you are stressed and may be concerned about being able to maintain standards of nursing practice. We want to assure you that the standard of care is always considered in context. The standard of care can evolve with the dynamic nature of the pandemic, including that resources may become scarce or absent.

Working within a quickly evolving environment can be challenging and distressing. In this situation, it will be important to make reasonable efforts to comply with any direction from the Chief Medical Officer of Health and your workplace policies and procedures pertaining to COVID-19 management. While CNO will continue to receive complaints and reports during the COVID-19 pandemic, we will assess all information with consideration to the circumstances in which nurses are working.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>



ConnexOntario Helpline

- [Toll-free: 1-866-531-2600](tel:1-866-531-2600)
- [Live web chat](#)
- [Email](#)

211 Ontario

- Information and referral for community, government, social and health services, including mental health resources across Ontario.
- Call 2-1-1
 - [Toll-free: 1-877-330-3213](tel:1-877-330-3213)
 - [Live web chat](#)
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