To improve access, the province is providing emergency funding of up to $12 million to immediately expand online and virtual mental health supports and $2.6 million to hire new psychologists and other mental health workers to support Ontario Provincial Police (OPP) personnel.

- **BounceBack**: A guided self-help program for adults and youth aged 15 and over using workbooks with online videos and phone coaching support.
- **Kids Help Phone**: 24/7 virtual support service offering professional counselling, information and referrals as well as volunteer-led, text-based support to young people in both English and French at 1-800-668-6868.
- **Internet-based Cognitive Behavioural Therapy (iCBT)**: Online CBT supported by therapists; available in English and French.

**CLICK HERE**

- **iCBT for frontline health care workers**: Online CBT targeted at frontline health care workers experiencing anxiety, burnout or PTSD. Those requiring intensive levels of care could be referred to virtual face-to-face care.
- **Training for Brief CBT-based interventions**: Training will be provided to frontline workers in organizations such as Telehealth and emergency departments in order to better support individuals experiencing acute anxiety due to the pandemic.

**CLICK HERE**
ON May 5

The Government reiterated its focus on positive mental health supports for students dealing with the challenges of COVID-19. Premier Ford announced an investment of up to $12 million to deliver online and virtual mental health supports across our province, supporting students, families and frontline workers.

The Ontario government is expanding virtual mental health services to help thousands of Ontarians experiencing anxiety and depression, including frontline health care workers, during the COVID-19 outbreak. As part of the government’s $12 million commitment to mental health during COVID-19, the emergency funding is helping mental health agencies hire and train more staff, purchase the necessary equipment and technology they need to help patients, and support the creation and enhancement of virtual and online supports for mental health services including:

- **Internet-based Cognitive Behavioural Therapy (iCBT):** Clients can self-refer to programs through the various service providers listed and be guided through their client journey to find the appropriate supports they need. Online iCBT is supported by therapists and available in English and French.

- **Supports for frontline health care workers:** Online iCBT is available to frontline health care workers experiencing anxiety, burnout or post-traumatic stress disorder. Those requiring intensive levels of care could be referred to virtual face-to-face care, as well as weekly online peer discussion groups and access to confidential support from a clinician.

- **Virtual mental health support services:** These include BounceBack telephone coaching and workbooks, and Kids Help Phone for children and youth.

[CLICK HERE]

ON May 5

The Electronic Press Kit Now Available.

[CLICK HERE]

ON May 5

The central agreement with the Ontario Council of Educational Workers (OCEW) has been ratified. Within it Ford dedicates a “Support for Students Fund” where the government will fund $9,657,372 in 2020-2021 and $9,753,946 in the 2021-2022 school year. The fund will be allocated for permanent staff according to board needs, supports for students with special needs, English Language Learners, Indigenous students, and student mental health and well-being initiatives.

[CLICK HERE]
The Québec government created a “Stress, anxiety and depression associated with the coronavirus COVID-19 disease” page on their government website. The page provides downloadable guides on mental health, and general information on mental health reactions in the context of the COVID-19 pandemic.

CLICK HERE

Québec government announces new investments of $31 million for the implementation of a COVID-19 action plan for mental health. This amount will increase access to psychosocial and mental health services in the context of the COVID-19 pandemic. Some of the measures include:

• The enhancement of Info-Social 811 services;
• improving access to appropriate and timely psychosocial and mental health services for anyone who requests it;
• The intensification of social and psychological counseling services as well as the deployment of priority mental health services, including the enhancement of local services.

CLICK HERE
$5 million to expand existing mental health programs and services and launch new services to support British Columbians. The Province is working in partnership with Foundry Youth Centres, the Canadian Mental Health Association – BC Division (CMHA-BC), the BC Psychological Association and other community partners to deliver new and expanded mental health services. These include:

- providing more access to online programs for mental health by expanding the BounceBack program. BounceBack provides online coaching and the Living Life to the Full program, which helps people deal with life challenges and learn self-management skills (CMHA-BC);
- expanding access to no- and low-cost community counselling programs, including those that serve immigrant and refugee populations, and enabling them to be delivered virtually;
- increasing access to online peer support and system navigation (CMHA-BC);
- providing virtual supports for youth aged 12 to 24 by making Foundry services available around the province through voice, video and chat (FoundryBC);
- providing more online tools and resources to help people assess and manage their own mental health;
- supporting front-line health-care workers through a new online hub and providing virtual peer support (CMHA-BC); and
- a new online psychological support service for health-care workers (BC Psychological Association).

Updated May 6th: the BC government outlines virtual Mental Health Supports for those including:

- Health care workers
- Youth
- Parent supports
- Students and Educators
- LGBTQ2+
- Indigenous Peoples
Virtual opportunities for LGBTQ2S+ students to connect: Students from the LGBTQ2S+ community, who may be feeling vulnerable and disconnected from their peers and schools, now have more virtual opportunities to connect with each other during the COVID-19 pandemic.

- For the first time, B.C.’s Gay-Straight or Gender and Sexuality Alliance (GSA) meet-ups will be held virtually rather than in person, where students can join their friends online or over the phone.
- The government of British Columbia provided this document outlining COVID-19 mental health support resources.

For Child and Youth Mental Health Day Judy Darcy, Minister of Mental Health and Addictions; Katrine Conroy, Minister of Children and Family Development; and Rob Fleming, Minister of Education; have released a statement outlining numerous mental health supports for youth.

To give parents and caregivers practical advice and strategies to help children deal with anxiety, the BC government adapted the Everyday Anxiety Strategies for Educators (EASE) at Home program, making it available free online for everyone. We have minimized face-to-face contact at our walk-in clinics and are offering supports and resources virtually using Skype and telephone. Mental health clinicians throughout the province continue to be available to help children and families at no cost, should they require additional support or guidance.

Ambassador for Sport issues #HealthyatHomeAB challenge

Helpful tips:
1. CLICK HERE
2. CLICK HERE
3. CLICK HERE
4. CLICK HERE
5. CLICK HERE
6. TEXT 4 HOPE
7. Videos on topics including how to deal with stress and talking to kids about COVID-19
Kenney said most Albertans have shared they’re suffering emotionally, psychologically and financially due to the pandemic.

“The government of Alberta is investing $53 million additional dollars into mental health supports,” the premier said, adding Alberta is “launching a comprehensive mental health and addictions COVID-19 mental health response plan.”

- $21.4 million is going towards enhancing access to phone and online supports
- $2.6 million is going towards expanding individual and group investment
- $4.2 million is going towards expanding addiction and mental health treatment available through PCNs
- $25 million is going towards a new grant program to enhance community mental health and addiction recovery.

CLICK HERE

Virtual Therapy Program

CLICK HERE

The Manitoba government is investing more than $1.5 million over three years in a new initiative to provide peer and family support services in Winnipeg and the Prairie Mountain Health region, led by the Manitoba Schizophrenia Society, Health, Seniors and Active Living Minister Cameron Friesen announced today.

CLICK HERE

Free counselling and health services to Manitobans of all ages during COVID-19 pandemic

CLICK HERE

Mental Health Crisis and Non-Crisis Regional Contacts

CLICK HERE
Mental health services and supports are readily available to Saskatchewan residents who need them during the COVID-19 pandemic. In recent spending estimates, the Ministry of Health is investing $435 million in mental health and addictions services, an increase of $33 million.

- Family Service Saskatchewan, in partnership with the SHA, supports 23 mental health walk-in clinics that are now offering services by phone in communities across the province, in light of the need for social distancing.

Other mental health resources available to Saskatchewan residents include:

- **The Farm Stress Line** provides support for farmers and ranchers and is available 24 hours per day, seven days per week. To get help, call 1-800-667-4442.

- **Kids Help Phone** offers professional counselling, information and referrals by phone, text or online chat. It’s confidential, free and available 24/7.

- **Mobile Crisis** centres are located across Saskatchewan and operate 24/7.

- Employee and Family Assistance Programs can assist with mental health supports and counselling for qualifying employees and their dependents.

- **HealthLine 811**
SK  May 5  Saskatchewan Health Authority Service Resumption Plan Released

• Mental health and addictions: re-open mental health short stay units, allow the option of in-person appointments as needed, allow more therapeutic/day programming for groups under 10 people and resume regular hours for harm reduction programs.

CLICK HERE


CLICK HERE

NB  May 7  New Brunswickers urged to take care of their mental health. Online resources:

• 911 for emergencies
• CHIMO (1-800-667-5005)
• Canada Suicide Prevention Service is available across Canada via toll-free phone, chat or text for people thinking about or affected by suicide (1-833-456-4566)
• Kids Help Phone (1-800-668-6868) includes text-based, mobile app and website support
• Hope for Wellness Indigenous Help Line (1-855-242-3310); phone and online chat option
• Take the mindfulness challenge: The Department of Health is pleased to announce a new partnership with MindWell. This free, bilingual website offers a collection of resources dedicated to teaching New Brunswickers about mindfulness in action.

• Every Tuesday, beginning on April 28, 2020, New Brunswickers will have the opportunity to sign up for the 30-Day Mindfulness Challenge. The program is evidence-based and shown to lower stress, increase resilience, and improve well-being. Plus, the challenges only take 5 to 10 minutes a day!
• The Mini MindWell Challenge is a shorter, slimmed down version of the full Challenge. It can be a great first step for newcomers or the perfect refresher for someone who has already taken the full Challenge.

CLICK HERE | & HERE
The Mental Health Provincial Crisis Line is available 24/7 to anyone experiencing a mental health or addictions crisis, or someone concerned about them, by calling 1-888-429-8167 (toll free).

Kids Help Phone is available 24/7, by calling 1-800-668-6868 (toll-free).

*this is a disclaimer at the bottom of all releases

Government resources:

Helplines:
- 811
- Crises text line
- Good2Talk Nova Scotia
- Kids Help Phone
- Provincial Mental Health Crisis Line

Online Supports:
- Healthy Minds NS
- ICAN Anxiety Program
- Mind Well-U
- Self-care during grief
- Therapy Assistance Online

Mental health programs from your home COVID-19 resource

Supporting your children and youth through Covid-19 resource

Mental Health and Addictions Online, Phone, and Text-based Supports


Resources announced
NL  April 14  Resources announced

CLICK HERE | & HERE
CLICK HERE | & HERE

YK  March 27  Online services announced

CLICK HERE

NWT  March 31  Confirmed Commitment
Our unwavering goal is first and foremost to ensure the physical health of the people of the NWT by limiting the spread of COVID 19 but then also to ensure the mental, social and financial wellbeing of the NWT. We all remain committed to a whole of government response that will achieve these goals.

CLICK HERE

NT  April 6  Mental Health and Addictions has moved to telephone check-in and support for some clients. Scheduled appointments for medication pick-up and administration remain the same. If you are in crisis, present to the health centre. Home visits to administer medications will be treated on a case-by-case basis.
Closed /Cancelled/Suspended services:
• Speciality clinics have been cancelled. Work is underway to determine which clients can be seen by phone/virtual care.
• All non-essential travel for mental health clients and families is cancelled. All non-essential travel for families visiting clients in care is cancelled.

CLICK HERE