



The following resources were curated as a joint initiative between the University of Toronto, Centre for Interprofessional Education, and the Centre for Addiction and Mental Health (CAMH), to provide a starting point for students looking to learn more about a variety of mental health topics. CAMH is Canada's largest mental health teaching hospital and one of the world's leading research centres. This resource list is for information purposes only and does not constitute an endorsement by CAMH or the University of Toronto, and does not guarantee any particular outcome. If you are in crisis, please call 911 or visit your nearest emergency department.

Mental Health and Wellness During the COVID-19 Pandemic: Resources

Being a university student can be challenging, and the COVID-19 pandemic hasn't made it easier. The resources below are designed to support your mental wellbeing during this unprecedented school year.

Crisis support

If you are in immediate crisis, there are many supports to help you.

- Centre for Addiction and Mental Health – a list of crisis resources in and around Toronto: <https://www.camh.ca/en/health-info/crisis-resources>
- Distress support (academic distress, financial distress, housing distress, sexual assault and safety, equity offices and communities of care): <https://bit.ly/30Jn1xj>



Mental health support: Online & phone

Need to talk to someone? The following services provide confidential, 24-hour support for university students.

- Togetherall (Peer-to-peer platform offering a safe place to connect with others experiencing similar feelings): <https://togetherall.com/en-ca/>
- U of T My Student Support Team (Culturally-competent counseling services in 146 languages for all U of T students): <https://studentlife.utoronto.ca/service/myssp/>



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**Centre for
Interprofessional Education**
Transforming care through collaboration

camh Centre for Addiction
and Mental Health

- Good2Talk (Professional counselling, information, and referrals for post-secondary students in Ontario): <https://good2talk.ca/ontario/>



**STUDENT
LIFE**



Navi: A mental health wayfinder

Navi is a chat-based service that acts as a virtual assistant for students wanting to learn more about the mental health supports available to them at the University of Toronto.

- Navi: <https://bit.ly/2GjXt2H>



BounceBack: Helping with depression, anxiety, and mild-to-moderate mood issues

BounceBack is a free, guided self-help program for people in Ontario who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

- Bounceback: <http://ow.ly/L6ii50BrH17>



Mental health self-check

This quick self-check tool provides a visualization of your current mental wellbeing:
<https://bit.ly/3ikliFt>



	Healthy	Warning	Injured	IK
Changes in Mood	Normal mood fluctuations Calm Confident	Irritable Anxious Nervous Sadness	Angry Anxious Panic/panic attacks	Early enraged Extreme anxiety/panic Depressed mood, numb
Changes in Thinking and Attitude	Good sense of humor Takes things in stride Feeling concerned and focus on tasks	Disturbed thoughts Intrusive thoughts Somewhat detached or loss of focus on tasks	Negative attitude Obsessive thoughts Constant focus on worst case scenarios	Accommodated Suicidal thoughts/ideas Severe detachment from reality or cognitive distortions
Changes in Behavior and Performance	Planning and socially active Presents well	Decreased activity/avoiding Presents but distracted	Avoidance Withdrawn	Withdrawn Alcoholism
	Performing well Normal sleep patterns Good appetite	Procrastinating Trouble sleeping Presents in worse condition	Decreased performance No sleep Loss of appetite	Can't perform tasks/roles Compulsive substance use No appetite

Helping others with mental health concerns

Concerned about a friend, colleague, or family member? This infographic provides information on warning signs, how to offer support, and what it is to be helpful.

Want to know how to help a friend?: <https://bit.ly/2GLo6h5>

KNOW THE 10 COMMON WARNING SIGNS

- 1 Feeling very sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden overwhelming fear for no reason
- 5 Not eating, throwing up or using laxatives to lose weight, significant weight loss or weight gain
- 6 Seeing, hearing or believing things that are not real
- 7 Repeatedly using drugs or alcohol
- 8 Drastic changes in mood, behavior, personality or sleeping habits
- 9 Extreme difficulty in concentrating or staying still
- 10 Intense worries or fears that get in the way of daily activities



Depression

Depression does not need to be experienced alone. Like the online and phone supports listed above, the following resources can help you feel more understood.

- Dealing with depression during a pandemic: <https://bit.ly/3nLyDdc>
- Evidence-based strategies to help with COVID-related depression: <https://bit.ly/3nUfRAz>
- Adventures in Depression: (part 1) <https://bit.ly/2H590TW> and (part 2) <https://bit.ly/3nOZmp5>



Anxiety and stress

Some anxiety is normal, but too much can affect your work and quality of life.

- Solution-focused strategies for coping with anxiety, and a few screening tools to help assess your current anxiety level: <https://bit.ly/2ZkPTeP>



- Ten things you can do to reduce anxiety and stress related to COVID-19:
<http://ow.ly/NXgd50Bt8Uv>
- A variety of resources for anxiety and your mental health:
<https://www.virusanxiety.com/>



Resilience

Resilience is the ability to weather difficult events, and it is a trait that an individual can improve over their lifetime.

- COVID-19: Resilience Support Toolkit: <https://bit.ly/36r7CFs>
- Tips for Building Resilience: <https://bit.ly/3n8t9sO>
- COVID-19 Self-care and Resilience Guide: <https://bit.ly/33DcipY>
- 5 Tips for self-care during COVID (UHN): <https://bit.ly/34C30tA>
- Resilience in hard times [video]: <https://bit.ly/377CMSS>
- Creating healthy routines: <https://bit.ly/3e690PZ>



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA



Black Student Mental Health

Mental health issues affect Canada's Black communities at a disproportionate rate. The following links facilitate access to culturally safe and affirming mental health services for Black communities.

- Resources for Black healing and support: <http://ow.ly/865050BrKNY>
- Toronto For All: Anti-Black Racism & Mental Health Resources:
<http://ow.ly/HD9g50BrKSb>
- Black Emotional and Mental Health Collective (BEAM): <https://bit.ly/3mbNhcQ>



BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE



Indigenous Mental Health

The COVID-19 pandemic is affecting Indigenous communities in many ways. A wide range of virtual services are available to help Indigenous people with their mental wellness.

- Call Auntie – Indigenous COVID Pathways Hotline: <http://ow.ly/rCM350BrL5X>
- Toronto Aboriginal Support Services Council: <https://www.tassc.ca/supports.html>
- Indigenous Services Canada : <https://bit.ly/2ZtxLPH>



LGBTQ2S mental health

There are many resources and supports available by phone or online for LGBTQ2S people in Toronto.

- Peer support helpline: <https://www.youthline.ca/>
- Comprehensive list of resources: <http://ow.ly/9vjg50BrwZY>
- Mental health website for gay, bisexual, queer and other guys into guys: <https://goodhead.ca/en/>



Caregiver mental health

The pandemic has increased the burdens placed on caregivers, and at this time more than ever, caregivers need to be mindful of their mental wellbeing.

- The Ontario Caregiver Organization: <https://ontariocaregiver.ca/covid-19/>





Safer Alcohol Use

You or your friends might choose to drink alcohol. This info sheet provides information for people who may be at risk of drinking too much: <https://bit.ly/33fLrIi>



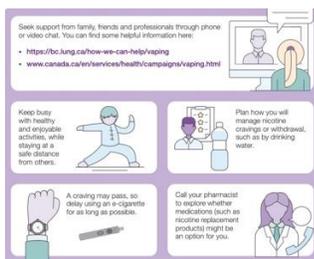
Safer Drug Use

You or your friends might choose to use non-prescription drugs, or be going through drug withdrawal. If so, it is important to implement harm reduction strategies to stay safer: <https://bit.ly/3m7YUSf>



Safer Vaping

You or your friends might choose to use vaping products. This info sheet gives COVID-19 specific advice for people who use e-cigarettes: <https://bit.ly/2ZmiGjB>





Safer Tobacco Use

You or your friends might choose to use tobacco products. This info sheet provides information on tobacco use and COVID-19: <https://bit.ly/2DJxukd>



Partner abuse and sexual violence

During the COVID-19 pandemic, rates of partner, family and gender-based violence have increased. If you or someone you know needs help, this CAMH resource has information to get you started.

- Protecting your safety during COVID-19: <http://ow.ly/HgMm50BtTuo>



Loss and grief

There are many types of loss and grief. The following links can provide support.

- Loss and grief resources: <https://bit.ly/2FgNWZZ>





COVID and stigma

Stigma hurts everyone. How we communicate about COVID-19 is critical to supporting people effectively.

- How to talk about coronavirus without contributing to stigmatization: <http://ow.ly/sscc50BtV0y>



Studying effectively

Classes have moved online and many students are self-isolating during the COVID-19 pandemic. This resource offers new strategies on attending online classes, completing your assignments, and preparing for tests and exams.

- Strategies for online learning and accessibility: <https://bit.ly/2DOVmD6>
- 10 tips for avoiding “Zoom fatigue”: <https://bit.ly/3bFuuSi>



Time management

Having conscious control over your time improves productivity and reduces stress. The following links provide time management advice and guidance:

- UT Centre for Critical Development Studies: <http://ow.ly/aXUz50Bznc4>
- UT Academic Advising and Career Centre: <https://bit.ly/30igxFD>
- Creative tips: <http://ow.ly/G1hD50Bzni6>





Exercise and nutrition

Good nutrition and exercise can be seen as preventative medicine. Their benefits are nearly endless, and include improvements in mood, energy, sleep, and productivity.

- Health at Home: <https://bit.ly/33WXVNI>
- What is the single best thing you can do for your health? [video]: <https://bit.ly/3IJc1bg>
- The scientific case for good nutrition and exercise during quarantine: <https://bit.ly/34S6ad3>



Sleep

Practicing good “sleep hygiene” can be an effective way of resolving sleep difficulties. Talk to your doctor if your sleep problems become chronic.

- The science of sleep, and some tips: <https://bit.ly/34ucORE>
- College students: How are you sleeping?: <https://bit.ly/2FdHPFQ>
- 5 easy steps to better sleep: <https://bit.ly/3IA5wb1>
- What to do about insomnia [video]: <https://bit.ly/3iS18Ck>



Mindfulness and meditation

Mindfulness and meditation are proven techniques that can reduce stress and improve clarity, particularly in times of uncertainty.

- University Health Network – mindfulness course: <https://bit.ly/30kFtMD>
- University Health Network – guided meditations: <https://bit.ly/2Gqj5dt>





Stretching and yoga

Do not underestimate the importance of a good stretch. Keeping your body energized and flexible has positive effects for your mindset as well.

- Stretching at the workstation: <https://bit.ly/3018kk5>

Ergonomics

You sit at your computer for much of the day – use ergonomic principles to prevent body ailments from slowing you down.

- How to create an ergonomic workspace: <https://bit.ly/36gnH0R>



Dealing with loneliness and isolation

Are you uncertain of how to cope with isolation during the coronavirus pandemic? There are creative ways to deal with loneliness and add variety to your everyday routine.

- Dealing with loneliness: <https://bit.ly/2FeUBnh>



Roommate problems and conflict management

Sharing space in your home or apartment with others, for longer periods than you are accustomed to, can be a form of stress.

- How to handle nine typical roommate problems: <https://bit.ly/3jX5h9c>
- Answers to common roommate questions: <https://bit.ly/2IsWX3l>
- Confronting conflict with friends: <https://bit.ly/2SQrnhT>



Parenting

Parents and their children face unique challenges during this pandemic. The following resources and links are designed to help.

- Kids Up Front: <http://ow.ly/v38G50BtXOD>
- The 519 resource sheet: <http://ow.ly/pRVU50BtXgg>



Perfectionism

Are you a perfectionist? For some, perfectionism can be a cause of stress, and many students struggle with internalized and impossibly high standards. The good news is that you aren't alone and there are ways to reduce this stress.

- 12 Essential Tips for Overcoming Perfectionism: <https://bit.ly/3l3eOvw>
- The Perfectionist Trap [video]: <https://bit.ly/3druA0H>





Additional Resources:

Mind Control: Managing Your Mental Health During COVID-19

U of T psychology professor, Steve Joordens

- <https://www.coursera.org/learn/manage-health-covid-19>

The Science of Well-Being

Yale professor, Laurie Santos

- <https://www.coursera.org/learn/the-science-of-well-being>

The Happiness Lab

Yale professor, Laurie Santos

- <https://www.happinesslab.fm/>