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](https://www.camh.ca/en/health-info/crisis-resources)

**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/](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/](https://studentlife.utoronto.ca/service/myssp/)
- Good2Talk (Professional counselling, information, and referrals for post-secondary students in Ontario): [https://good2talk.ca/ontario/](https://good2talk.ca/ontario/)

*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.


*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.


*Mental health self-check*

This quick self-check tool provides a visualization of your current mental wellbeing: [https://bit.ly/3ikliFt](https://bit.ly/3ikliFt)
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

[Image: KNOW THE 10 COMMON WARNING SIGNS]

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.

- Evidence-based strategies to help with COVID-related depression: https://bit.ly/3nUfRAz

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/NXgd50Bt8Uy](http://ow.ly/NXgd50Bt8Uy)

A variety of resources for anxiety and your mental health: [https://www.virusanxiety.com/](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.


### 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.

- Toronto For All: Anti-Black Racism & Mental Health Resources: [http://ow.ly/HD9g50BrKSb](http://ow.ly/HD9g50BrKSb)
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.

- Toronto Aboriginal Support Services Council: https://www.tassc.ca/supports.html

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/9vij50BrwZY
- 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](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](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](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](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](https://bit.ly/2DOVmD6)

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](http://ow.ly/aXUz50Bznc4)
- Creative tips: [http://ow.ly/G1hD50Bzni6](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.


**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/34uc0RE](https://bit.ly/34uc0RE)
- 5 easy steps to better sleep: [https://bit.ly/3IA5wb1](https://bit.ly/3IA5wb1)

**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](https://bit.ly/30kFtMD)
**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.


**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.


**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
**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/v38G50BtX0D](http://ow.ly/v38G50BtX0D)
- The 519 resource sheet: [http://ow.ly/pRVU50BtXgq](http://ow.ly/pRVU50BtXgq)

**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.

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](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](https://www.coursera.org/learn/the-science-of-well-being)

*The Happiness Lab*

Yale professor, Laurie Santos

- [https://www.happinesslab.fm/](https://www.happinesslab.fm/)