

TBS - MENTAL HEALTH RESOURCE LIST – October 14, 2020

GOVERNMENT OF CANADA & PROVINCIAL/TERRITORIAL LINKS

[Taking care of your mental and physical health during the COVID-19 pandemic](#)

A general tips and resource page provided by the Government of Canada, with additional resource links provided by province.

[Crisis Services Canada](#)

Available to all Canadians seeking support. Visit Crisis Services Canada for the [distress centres and crisis organizations nearest you](#). If you or someone you know is thinking about suicide, call the [Canada Suicide Prevention Service](#) at 1-833-456-4566 (24/7) or text 45645 (4 PM - 12 AM ET).

MUSICIAN/ARTIST SPECIFIC RESOURCES

[Musicians' Clinic of Canada](#)

Founded in 1985, the Musicians' Clinics of Canada has served thousands of performing artists with state of the art assessment, treatment, and products.

[UNISON Benevolent Fund](#)

Unison Benevolent Fund is a non-profit, registered charity that provides counselling and emergency relief services to the Canadian music community.

[Over The Bridge](#)

Over The Bridge is a lifeline for the music industry's long-term success. Using the music industry as a conduit, Over The Bridge assists industry members who are at their most vulnerable, cultivate and achieving long-term mental health and addiction recovery goals.

[Al & Malka Green Artists' Health Centre](#)

The Al & Malka Green Artists' Health Centre is a facility in the Family and Community Medicine

Program at Toronto Western Hospital. Equipped with an Acoustic Studio and Movement Assessment Studio with a sprung floor to aid in diagnosis and treatment. The Centre is the only clinic of its kind in Canada that specializes in serving the entire artistic community.

GTA/ONTARIO BASED RESOURCES

[Affordable Therapy Network of Ontario](#)

A directory of qualified therapists offering low-cost and sliding scale fees.

[Psychology Today - Therapist Directory](#)

A searchable online directory of therapists, counsellors, support groups, and treatment centres by city or postal code.

[CAMH: Mental Health and the COVID-19 Pandemic Resources](#)

A vast resource page curated by CAMH to help Canadians better manage their mental health during the pandemic.

[AKIN Collective](#)

Akin is a Toronto-based arts organization that provides creative studio space as well as arts-based programming. Their studios provide a working environment that maintains a friendly and inspiring atmosphere where people can work on creative endeavors and entrepreneurial undertakings of all kinds.

[This list](#) was compiled by the Akin Projects board and the Akin Team as a resource guide for artists, freelancers, and creatives who are in need of support during this challenging time.

[Mind Beacon](#)

Guided digital therapy with BEACON is highly personalized to what you're feeling and who you are, as a whole person. Through secure digital messaging, and tailored readings and activities, you'll work 1-to-1 with a registered therapist.

BEACON digital therapy (iCBT) is now available free of charge to support Ontarians through stress and mental well-being concerns during COVID-19, funded by the Government of Ontario.

Beacon also offers services to all Canadians through their [Stronger Minds Program](#).

YOUTUBE MENTAL HEALTH CHANNELS & ONLINE-BASED RESOURCES

You can watch **Jon Kabat-Zinn** speaking about mindfulness [here](#).

[Kati Morton, LFMT](#)

Kati Morton is a licensed therapist that releases new Mental Health videos every Monday, which cover topics that include anxiety, depression, BPD, and other disorders.

[Dr. Todd Grande](#)

Dr. Todd L. Grande covers topics related to Counselor Education and Supervision including but not limited to mental health, human behavior, psychopathology, personality theory, true crime, research, statistics, SPSS, Excel, appraisal, and group counseling.

[Med Circle](#)

MedCircle brings you engaging mental health interviews with world-class psychiatrists & psychologists every single week. The MedCircle doctors provide in-depth mental health advice packed with actionable takeaways and clear explanations of the most complicated mental health topics.

[MeetUp](#)

MeetUp connects people with like-minded interests, which include many mental health support groups that are completely free. Almost all of these groups are now conducted over Zoom due to the pandemic.

BIPOC THERAPIST SITES

[What's Up Walk In](#)

Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available at the What's Up Walk-In® Clinic.

[WellNest Psychotherapy Services](#)

A therapist network which reflects diverse identities and supports unique needs.

[Black Youth Hotline](#)

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.

[Black Mental Health Canada Inc.](#)

Black Mental Health Canada Inc. facilitates access to affordable, culturally safe and affirming mental health services to the black community through education, advocacy, and provision of resources.

[Across Boundaries](#)

Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks.

[Hope for Wellness Helpline](#)

Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat. Available to all Indigenous peoples across Canada who need immediate crisis intervention.

UNITED STATES & INTERNATIONAL RESOURCES

[The Blues Foundation - Hart Fund](#)

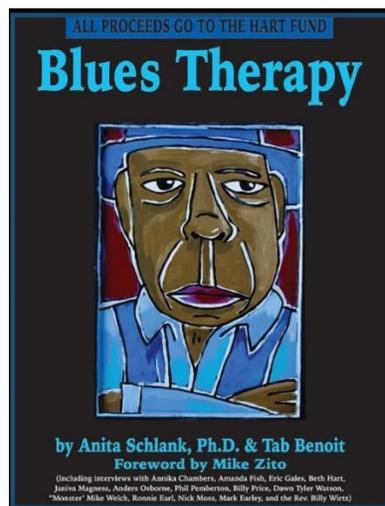
The Blues Foundation established the HART Fund (Handy Artists Relief Trust) for Blues musicians and their families in financial need due to a broad range of health concerns. The Fund provides for acute, chronic and preventive medical and dental care as well as funeral and burial expenses.

[Performing Arts Medicine Association - Affiliated Websites](#)

These links were collected largely through the collaboration of the PAMA Liaison Committee and do not represent any endorsement of PAMA.

FURTHER READING

- [Music Is Facing a Mental Health Crisis \(Canadian Musician\)](#)
- [73% of musicians report suffering from mental illness \(Survey, Consequences of Sound\)](#)
- [A Psychologists Take on Mental Health for Musicians \(Spotify\)](#)
- The “[Blues Therapy](#)” Book by Anita Schlank, Ph.D. & Tab Benoit with all proceeds going to the Hart Fund



I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



Clipart: Carrie Stephens Art
TheCounselingTeacher.com

5 step Self Compassion Hold



@transcending_trauma_with_yoga ART: @embody.create.heal

SELF-CARE BINGO

 TOOK A SHOWER	GOT DRESSED TODAY	 talked TO A friend	SAT WITH MY FEELINGS	 gave myself a compliment
MOVED MY BODY JOYFULLY	 ate food	LISTENED TO MY BODY	 CHALLENGED NEGATIVE THOUGHTS	 HAD FUN
 WENT OUTSIDE	TRIED SOMETHING NEW	STAYED ALIVE	practiced being mindful	  DID A HOBBY
used a coping skill	 LET MYSELF CRY	took a break	 ASKED FOR HELP	GOT SHIT DONE
 BRUSHED MY TEETH	practiced self compassion	 DRANK WATER	TREATED MYSELF	 got 7-9 hours of sleep

Things you can control:

Your beliefs
Your attitude
Your thoughts
Your perspective
How honest you are
Who your friends are
What books you read
How often you exercise
The type of food you eat
How many risks you take
How kind you are to others
How you interpret situations
How kind you are to yourself
How often you say "I love you"
How often you say "thank you"
How you express your feelings
Whether or not you ask for help
How often you practice gratitude
How many times you smile today
The amount of effort you put forth
How you spend/invest your money
How much time you spend worrying
How often you think about your past
Whether or not you judge other people
Whether or not you try again after a setback
How much you appreciate the things you have

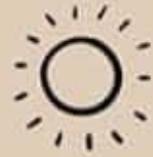
CALEB LP GUNNERS



DAILY QUARANTINE QUESTIONS:

1. What am I GRATEFUL for today?
2. Who am I CHECKING IN ON or CONNECTING WITH today?
3. What expectations of "normal" am I LETTING GO OF today?
4. How am I GETTING OUTSIDE today?
5. How am I MOVING MY BODY today?
6. What BEAUTY am I either creating, cultivating, or inviting in today?

Happiness Chemicals and how to hack them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



During the pandemic, it might be normal to:

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- Struggle to stay motivated
- Start a routine and fall off within a few days
- Miss your "normal" life
- Feel good one minute, and terrible the next
- Find it difficult to concentrate
- Worry about the future
- Fear returning to work
- Emotionally eat
- Consume yourself with being productive
- Daydream frequently
- Feel guilty for not being productive enough
- Fear leaving the house
- Be more irritable
- Have sleep issues because you're more anxious
- Experience vivid or anxiety-based dreams

WWW.NEDRATAWWAB.COM

