

Mental Health and Chronic Disease Network - COVID-19 Resources Inventory

Category	Resource	Description	Organization	Network Contact
General Resources	Chronic disease and COVID-19 resource hub	Features COVID-19 resources created by Chronic Disease Prevention Alliance of Canada (CDPAC) members, many of which have a focus on coping and mental health.	Chronic Disease Prevention Alliance of Canada	Elizabeth Holmes elizabeth.holmes@cancer.ca
	CDPAC's call to action on household food insecurity in Canada	The full call to action can be found at the link provided.	Chronic Disease Prevention Alliance of Canada	Elizabeth Holmes elizabeth.holmes@cancer.ca
Mental Health Resources	Pathways to resilience: Strategies for a world in upheaval – Webinar series	<p>This five-module webinar series on resilience is meant as a resource for those going through rough times and those providing support. The first module proposes more immediate strategies to regain a relative balance when adversity strikes. The following modules address resilience as a form of training over the longer term, and explore topics such as the physical and psychological prerequisites to resilience, emotional regulation, intentional activities and the impacts of compassion on well-being.</p> <p>The modules can be found at the following links:</p> <ol style="list-style-type: none"> 1. Overview of resilience training 2. Prerequisites and foundations of resilience 3. The compassion protocol 4. Managing emotions 5. Intentional activities 	Canadian Association of Occupational Therapists	Candice McEwen cmcewen@caot.ca
	Resource Hub: Mental health and wellness during the COVID-19 pandemic	Provides information, resources and tools related to mental health and wellness during COVID-19.	Mental Health Commission of Canada	Laura Mullaly lmullaly@mentalhealthcommission.ca

Mental Health Resources Cont'd	Free Online Crisis Training for Essential Workers	<p>The MHCC has developed three crisis response training programs for essential workers. Registration for these courses is on a first-come, first-serve basis and is available at no-cost for essential workers.</p> <p>These programs are specifically designed to help provide individuals with the tools and knowledge to better understand their own mental health and the mental health of others.</p> <p>More information about each of the training courses can be found at the following links:</p> <ol style="list-style-type: none"> 1. Caring for Yourself 2. Caring for your Team 3. Caring for Others 	Mental Health Commission of Canada	Laura Mullaly lmullaly@mentalhealthcommission.ca
Cancer Resources	Cancer Information Helpline	Contact information for the cancer information helpline can be found at the link provided.	Canadian Cancer Society	Paulysha De Gannes Paulysha.DeGannes@cancer.ca
	CancerConnection.ca	CancerConnection.ca is an online community which helps people with cancer and their loved ones share their experiences and build supportive relationships.	Canadian Cancer Society	Paulysha De Gannes Paulysha.DeGannes@cancer.ca
	COVID-19 Cancer Patient Support Hub	<p>Through a collaborative effort by 13 patient groups from across Canada, the new COVID-19 Cancer Patient Support Hub offers people living with cancer in Canada, their families and caregivers access to a variety of timely and relevant wrap around supports, in one central website that focuses on COVID-19 related information.</p> <p>The hub provides information by 3 categories:</p> <ol style="list-style-type: none"> 1. Mental Health and Wellness 2. FAQs and Resources 	Save Your Skin Foundation; Lung Cancer Canada; Coalition Priorité Cancer au Québec; Canadian Psoriasis Network; Canadian Neuroendocrine Tumour Society; Canadian Skin Patient Alliance; Collective Oncology Network for	Louise Binder Save Your Skin Foundation louise.binder49@gmail.com

		3. Practical Supports	Exchange, Cancer Care Innovation, Treatment Access and Education; Lymphoma Canada; GIST Sarcoma Life Raft Group Canada; Myeloma Canada; The Chronic Myelogenous Leukemia Society of Canada; Leukemia & Lymphoma Society of Canada; Life-Saving Therapies Network	
Diabetes Resources	COVID-19 and diabetes microsite	Provides information on: <ul style="list-style-type: none"> • COVID-19 and diabetes • prevention • health-care provider resources • tools and resources for people with diabetes 	Diabetes Canada	Samantha Ghanem samantha.ghanem@diabetes.ca
	FAQ about COVID-19 and diabetes	Provides information on the symptoms of COVID-19, how it's spread, how it affects those living with diabetes, tips on preventing infection, and more.	Diabetes Canada	Samantha Ghanem samantha.ghanem@diabetes.ca
	Diabetes Education Line	This new program is in collaboration with volunteer Certified Diabetes Educators and can be accessed via Diabetes Canada's existing toll-free Info and Support line, 1-800 BANTING (226-8464). Within 24-48 hours of seeking help, a diabetes educator will respond to provide individualized answers and support. Diabetes educators are registered nurses, dieticians, social workers, and pharmacists.	Diabetes Canada	Samantha Ghanem samantha.ghanem@diabetes.ca

Diabetes Resources Cont'd	Ask the Experts Video Series	Provides people with diabetes the opportunity to have their questions answered by expert physicians, advocates, and patient groups.	Diabetes Canada	Samantha Ghanem samantha.ghanem@diabetes.ca
	Health-Care Provider Webinar Series	Educating health-care providers on diabetes and COVID-19.	Diabetes Canada	Samantha Ghanem samantha.ghanem@diabetes.ca
	Information and Support Services – Diabetes Canada	Guiding patients to resources and supports for medications, supplies, and government programs for diabetes via 1-800-BANTING (226-8464).	Diabetes Canada	Samantha Ghanem samantha.ghanem@diabetes.ca
Heart Disease and Stroke Resources	Heart & Stroke Online Peer Support Communities	Peer support communities for survivors of heart disease or stroke and for those who provide support or care to them. Community members can find social and emotional support in a safe, inclusive and respectful environment.	Heart & Stroke Foundation	Moira Teed moira.teed@heartandstroke.ca
	Heart & Stroke resources for kids at home	Fun activities to help kids and families keep learning and staying healthy. Some of the resources are mental health focused.	Heart & Stroke Foundation	Moira Teed moira.teed@heartandstroke.ca
	Heart & Stroke Webinars	The Heart & Stroke YouTube channel offers a variety of webinars on topics pertaining to COVID-19 (e.g. mental health, self-care, caregiving challenges, etc.).	Heart & Stroke Foundation	Moira Teed moira.teed@heartandstroke.ca
	Heart & Stroke resources on COVID-19	Includes Heart & Stroke resources and links to help you stay safe, protect your health, and take care of the people you love during COVID-19.	Heart & Stroke Foundation	Moira Teed moira.teed@heartandstroke.ca
	Virtual Healthcare (Telestroke) Implementation Toolkit	This toolkit includes a virtual healthcare roadmap, checklists and tips for effective and efficient virtual healthcare sessions, and a list of performance measures.	Heart & Stroke Foundation	Moira Teed moira.teed@heartandstroke.ca

Obesity Resources	Obesity Canada's COVID-19 Webpage	This webpage is dedicated to COVID-19 and includes videos, infographics and other information that is updated regularly.	Obesity Canada	Ian Patton patton@obesitynetwork.ca