# COPING WITH COVID: MHA SUPPORTS FOR HEALTHCARE WORKERS



## MHA Supports for Healthcare Workers

We know this is hard.

You're doing a lot, and we're asking you to do more. You might need more help than usual, and that's okay. Some of the supports in this initiative may be able to help.

What is this the purpose of this initiative?

 Provide free, confidential support for health care workers through quick access to vetted mental health resources and trained mental health professionals.

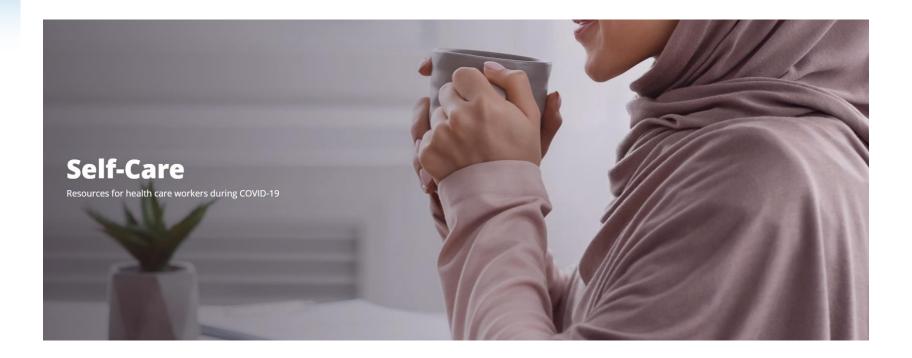


## What supports are included?

- Self-Care Resources
- Professional Support Groups
- Online Cognitive Behavioural Therapy (iCBT)
- 1:1 Support and/or Service Navigation

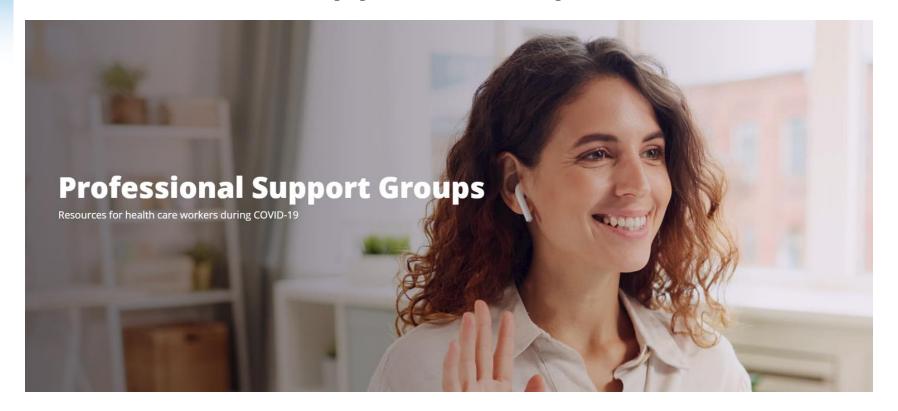


#### **Self-Care Resources**





## **Professional Support Groups**





#### **Professional Support Groups**



- **ECHO Coping with COVID:** Weekly virtual sessions for healthcare providers and health professions students responding to the COVID-19 pandemic. Share and learn about ways to build resilience and overall wellness through didactic lectures and case-based discussions.
- Friday afternoons, 2:00-3:00 pm EST (requires registration)
- Archive of previous sessions and materials available



#### **iCBT**





- **iCBT** is a practical, short-term program delivered online that helps you develop skills and strategies to address symptoms of mild to moderate anxiety and/or depression. It can also help you cope with situations related to COVID, such as isolation, pressure caring for family and community members, information overload and stress.
- If iCBT is right for you, you will be supported by a therapist online to:
  - work through modules
  - complete readings and exercises
  - learn coping and resilience skills



## 1:1 Support and Service Navigation











**COVID Frontline Wellness** 

**COVID Frontline Wellness** 

Mental Health Services for Health & Community Care Workers Mental Health Care for Healthcare Workers Health Care Worker Assist

- A group of five (5) hospitals have partnered to provide improved access to free, timely, highquality, and culturally safe mental health and addictions care that is appropriate for the needs of health care workers (HCWs) during the COVID pandemic.
- Access from wherever you are in the province, through the provider of your choosing



#### Who should access this service?

- Workers who support health and community care systems in hospital-based, community-based, or other professional settings ('healthcare workers' or 'HCWs').
- HCWs with an acute need for 1:1 support:
  - Difficulty coping with acute stress
  - Generalized anxiety or health anxiety
  - Depression or depressive symptoms
  - Grief and loss
- HCWs who need help to access specialty support (e.g. substance use symptoms, PTSD and complex trauma, exacerbation of mental health conditions such as bipolar disorder or OCD).
- HCWs seeking support for a child or family member



## What can I expect?

- Self-refer online or over the phone
- Speak with someone within 2-7 days
- Speak confidentially with a mental health professional who will listen and help to identify the most suitable supports to meet your needs
- Immediate support (single session), brief ongoing support (4-6 sessions), and/or referral and help to access additional services through service partners
- Services are available in French through The Royal and Waypoint
- First Nation, Inuit, Métis, and Urban Indigenous HCWs can access additional support from Indigenous service partners through Waypoint, Ontario Shores, and CAMH
- All partners are committed to providing high-quality, culturally safe care



## Please spread the word!



Avec la participation du Centre d'excellence pour la santé mentale et la lutte contre les dépendances de Santé Ontario. Ces services gratulis et confidentiels sont offerts aux travailleurs de la santé et de première ligne de l'Ontario par les fournisseurs suivants :



Supported by the Mental Health and Addiction Centre of Excellence at Ontario Health.

These free confidential services are offered for healthcare and
frontline workers across Ontario by the following providers:





















#### Links

- https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals/selfcare
- <a href="https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals/professional-support-groups">https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals/professional-support-groups</a>
- https://camh.echoontario.ca/echo-coping-with-covid/
- <a href="https://www.echoontario.ca/Join-an-ECHO/Programs">https://www.echoontario.ca/Join-an-ECHO/Programs</a>
- https://info.mindbeacon.com/btn542



#### Links

- Waypoint: <a href="https://www.waypointcentre.ca/programs">https://www.waypointcentre.ca/programs</a> and services/c o v i d frontline wellness
- The Royal: <a href="https://www.theroyal.ca/covid-frontline-wellness">https://www.theroyal.ca/covid-frontline-wellness</a>
- St. Joseph's Healthcare Hamilton: <a href="https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw">hcw</a>
- CAMH: <a href="https://redcapsurveys.camh.ca/redcap/surveys/?s=JK4XK83AYC">https://redcapsurveys.camh.ca/redcap/surveys/?s=JK4XK83AYC</a>
- Ontario Shores:
   <a href="https://www.ontarioshores.ca/finding\_help/programs\_and\_services/adults/health\_care\_worker\_assist">https://www.ontarioshores.ca/finding\_help/programs\_and\_services/adults/health\_care\_worker\_assist</a>



## Thank you!

If you have questions about this presentation, please contact <a href="mailto:mhacoe@ontariohealth.ca">mhacoe@ontariohealth.ca</a>.