

COPING WITH COVID: MHA SUPPORTS FOR HEALTHCARE WORKERS

If you have questions about the content of this document, please contact mhacoe@ontariohealth.ca.



Ontario Health
Mental Health and Addictions
Centre of Excellence

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

Resources for health care workers during COVID-19



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



AbilitiCBT
by Morneau Shepell

Mind
Beacon

- **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, high-quality, 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!

Qui prend soin de vous?

Soutien confidentiel en santé mentale et en adaptation pour les professionnels de la santé et les travailleurs de première ligne durant la pandémie de COVID-19 :

- Auto-ajustage
- Accès à des professionnels en santé mentale
- Gamme de services
- Accès à la thérapie cognitivo-comportementale

bit.ly/SoutienTravailleur

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

Who is looking after you?

Free, confidential mental wellness and coping support for healthcare/frontline workers during COVID-19

- Self-referral
- Access to mental health professionals
- Menu of services
- Access to Cognitive Behavioural Therapy

bit.ly/supportHCW

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:



Ontario Health
Mental Health and Addictions
Centre of Excellence

camh



camh



Links

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



Links

- Waypoint: https://www.waypointcentre.ca/programs_and_services/c_o_v_i_d_frontline_wellness
- The Royal: <https://www.theroyal.ca/covid-frontline-wellness>
- St. Joseph's Healthcare Hamilton: <https://www.stjoes.ca/hospital-services/mental-health-addiction-services/connect-mental-health-and-addiction-outpatient-programs/covid-19-mental-health-services-for-hcw>
- CAMH: <https://redcapsurveys.camh.ca/redcap/surveys/?s=JK4XK83AYC>
- Ontario Shores: https://www.ontarioshores.ca/finding_help/programs_and_services/adults/health_care_worker_assist





Thank you!

If you have questions about this presentation, please contact mhacoe@ontariohealth.ca.