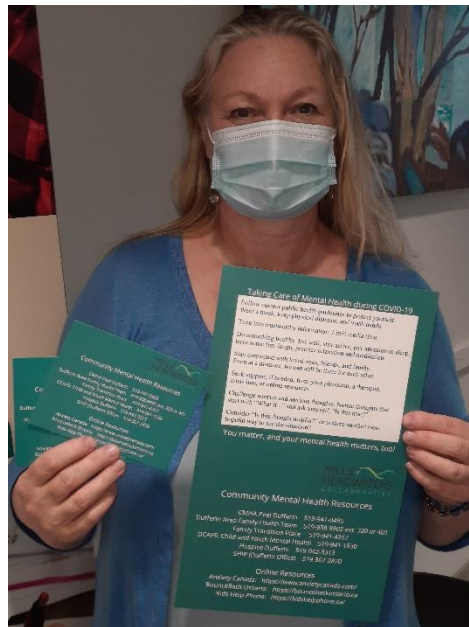


# BRIGHT LIGHTS AWARDS 2021

**Nomination: Demonstrating a community response to COVID-19**

**Mental Health and Addictions - Community Response Working Group  
Taking Care of Mental Health During Covid 19 in Dufferin-Caledon**



Over the past 18+ months, a working group of the Hills of Headwaters Collaborative OHT has continued to respond to the question of ‘what can we do’ to support the mental health of our community, especially in recognition of front-line workers. Through creative collaboration, we have supported a number of initiatives in Dufferin-Caledon, including an on-line portal for front-line/essential workers to access timely counselling support (May 2020- June 2021), workshop webinars on managing empathic strain, a Virtual Remembrance/Memorial Event, sponsoring memberships to an on-line Psychological PPE resource, and developing a ‘postcard’/posters (paper/virtual) with mental health tips and contact numbers. These efforts have involved significant collaborative engagement for a community response that has invited thinking creatively, responsively, and outside of the limits/mandate of any one program or agency. These initiatives have not only supported individuals, but have built upon an already existing spirit of collaboration among health and social services in Dufferin-Caledon.