

MENTAL HEALTH RESOURCES

Everyone is in need of mental health supports during a time of crisis. Here are links to some helpful resources that can help you during the pandemic.



MINDFULNESS & MEDITATION

[Prana Breath](#) - free Android app for guided breathing

[Calm.com](#) - free meditation sessions

[Insight timer](#) - meditation app with lots of great free meditations

[Healthy Minds](#) - free app for training your mind and maintaining emotional well-being

[Sue Hutton Mindfulness](#) - free online mindfulness events amidst COVID19, every Friday 7-8PM EST via Zoom (link goes to Facebook event page)

[5 Shaolin Qi Gong breath exercises](#) to strengthen the lungs - face pandemic fears with an awake heart with Tara Brach, guided video/audio

[Centre for Mindfulness Studies](#) - free and pay-what-you-can offerings

[Inkblot Meditation](#) - live, fully-guided video sessions (no experience required), sessions are free for a limited time

[Savyn](#) - free guided square breathing exercises in Arabic and English to produce a calming response to anxiety (no experience is required)

BEING ACTIVE

Downdog - [students and teachers](#) (K-12, college) and [healthcare workers](#) get free access until July 1st

[Lululemon](#) - free yoga and meditation videos

[Peloton Digital](#) - offering a 30-day free trial

[Wollendance](#) - cardio dance fitness classes, live & on-demand, offering 14-day free trial

[8fit](#) - quick home workouts

[Wakeout](#) - fun 30s stretching & relaxation exercises, offering 7-day free trial

[Nike Training Club](#) - free guided workouts

[Daily Burn](#) - offering 2 months free of their online workout classes

[Doyogawithme](#) offering 2 months of free yoga classes for all different levels

[Fitbit](#) - offering select Premium features for free and extended trial of premium

[Yoga with Adriene](#) - free yoga videos for all levels

ONLINE TALK THERAPY



(offering affordable therapy or promo)

[COVID19 Therapists](#) -

facilitating free mental health services for **Ontario COVID-19 healthcare providers**

[Big White Wall](#) - free, online mental health and wellbeing service that helps people deal with everyday stressors and major life events

[Good2Talk](#) - provides confidential support services for post-secondary students in Ontario and Nova Scotia

[Greenspace Mental Health](#) - finds you a therapist matched to your needs, available for GTA. Sessions in person or online video (therapy fees apply).

[7 Cups](#) - connects you to caring listeners for free emotional support 24/7; or be a listener for others

[Talkspace](#) - offering \$65 off with code APPLY65

[BetterHelp](#) - offers \$40 to \$70 weekly plans (can also be via text or chat - not just video call); US-based but clients can be from anywhere

[Inkblot](#) - virtual therapy sessions (\$37.50/30 min sessions, first session is free)

[Shift Collab](#) - in-person and online sessions; sliding scale options; free initial consult call

[Real Campus Student Assistance](#)

[Program](#), run by Shift Collab - if you are a **University or College student** at eligible campuses, you have access to free therapy sessions (visit website for eligibility)

[Affordable Therapy Network](#) - offering reduced rates, low-cost and sliding scale online therapy options

[Pathway-Therapy](#) - in-person and online options; currently offering sliding-scale during the pandemic

[Open Path Collective](#) - offering sliding scale individual (\$30-\$60) and couples and families (\$30-\$80) therapy options

[New Creations Counseling](#) - offers online therapy for individuals and couples with sliding scale

[Warm Line](#) - chat online, text or call a peer support worker; 8PM - midnight, every night; or text 647-557-5882 or call 416-960-WARM (9276)

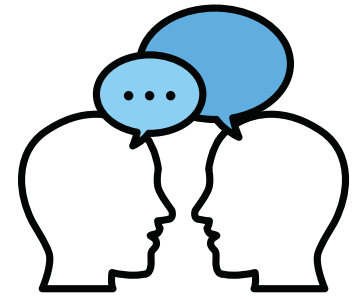
[Text4Hope](#) - free service providing three months of daily Cognitive Behavioural Therapy (CBT)-based text messages written by mental health therapists - text COVID19HOPE to 393939 (Canada only)

[Mind Relief](#) - offering 40% discount until end of May 2020



LOCAL TALK THERAPY (TORONTO)

(offering sliding scale or affordable therapy)



[Toronto Institute for Relational Psychotherapy](#) - low-cost therapy

[Hard Feelings](#) - affordable shorter term therapy; during COVID-19, some of the counsellors in their community of practice are offering low-cost single-sessions online (\$60 for 60 minutes)

[Danielle Hulan Therapy](#) - online therapy for individuals experiencing anxiety or depression, sliding scale available for those financially affected by COVID-19

[being here, human](#) - Rachelle Bensoussan has been a bereavement clinician/grief therapist for 12 years and offers 1:1 support via Zoom and hosts online grief writing workshops and online group grief literacy trainings

[Tynan Rhea](#) - psychotherapist offering an online COVID-19 respite clinic (pay-what-you-can, no one will be turned away for lack of funds)

[Balanced Mind & Wellness](#) - phone and secure video counselling in GTA; offering reduced rates of 25% less

[Kristy White](#) - counsellor trained in psychotherapy and currently providing pay-what-you-can counselling via phone/video

[Anishnawbe Health Toronto](#) (AHT) - mission is to improve the health and well being of Indigenous Peoples in spirit, mind, emotion and body through both Traditional and Western healing approaches; programs and services offered are based on Indigenous cultures and traditions through a multi-disciplinary team of dedicated healthcare professionals and service providers

[Toronto's Queer and Trans Therapist Listing](#) - PDF of therapists, training backgrounds and contact information

[Umbrella Mental Health Network](#) - network of queer and trans-identified mental health professionals who work primarily in the lesbian, gay, bisexual, trans, queer, intersex, asexual, two-spirited (LGBTQIA2S) community within Toronto



LOCAL TALK THERAPY (TORONTO)

[Nasima Salehe](#) - providing low-cost online therapy to help people during this crisis

[Britt Caron Therapy](#) - offering sessions exclusively via phone and video during COVID-19 and offering pay-what-you-can sessions during this time

[Yzobela Hyett](#) - offering individual online/phone therapy and is able to offer sliding scale to individuals who are financially impacted by COVID-19

[Matt Eldridge](#) - able to offer sliding scale options for those impacted by COVID-19

[Christopher McKinnon](#) - numerous COVID-specific offerings including focused counselling for anxiety and depression (\$25 per 30-minute session) and sliding scale individual psychotherapy (\$75 to \$165); also has a support group for those at risk during COVID-19

[WellNest](#) - very diverse and skilled team of 15 clinicians currently working extended hours to provide support during the pandemic

[Bereaved Families of Ontario \(Toronto\)](#) - local charitable organization that seeks to inspire hope and transformation in people who are grieving the death of a loved one; offering 1-1 phone or video calls, peer-led group supports and other activities for free; contact them at programsupport@bfotoronto.ca or 416-440-0290 x102

[Silm Centre for Mental Health](#) - diverse set of mental health professionals offering a generous sliding scale, also offering pro bono services (all therapy is currently offered online)

[CONNECT Counselling Services \(Canadian Hearing Services\)](#) - provides professional counselling services to Deaf and hard-of-hearing individuals (aged 16 and over) and their families living with mental health issues, addictions, relationship problems, domestic violence or other serious challenges; free and confidential services using American Sign Language (ASL), la langue des signes québécoise (LSQ), note-taking, real-time captioning and amplification devices as required



CRISIS LINES



[Crisis Text Line](#) is free and available 24/7

- Text HOME to 741741 to connect with a (COVID-19) Crisis Counsellor

[Distress Centres of Greater Toronto](#) - emotional support service for those with chronic mental health problems; support and crisis intervention services for those currently experiencing distress or in crisis; family violence response; suicide prevention services; emergency intervention and response

- GTA: 416-408-4357 (HELP)

[Kids Help Phone](#) - text, phone, chat and other forms of support for young people 24/7 and in English and French

- 1-800-668-6868

[Assaulted Women's Helpline](#)

- free at 1-866-863-0511 or TTY 1-866-863-7868

- #SAFE (#7233) on your Bell, Rogers, Fido or Telus Mobile

[National Aboriginal Circle Against Family Violence](#)

- Senior Safety Line: 1-866-299-1011 (toll-free)

[The Gernstein Centre](#) (non-medical mental health crisis supports)

- 416-929-5200

[GTA Crisis Resources](#)

Mental health crisis line (Canada-wide)

- 1-888-893-8333

If you're in immediate danger, please call 911



For more resources and activities, contact us at ask@anbu.ca