

## Mental Health Supports

We understand that for many people, the current COVID-19 pandemic situation may be distressing and anxiety-provoking. We'd like to share some resources with you that you may find helpful during this time.

### Free online resources:

- Coronavirus support/resources: <https://www.virusanxiety.com/>
- Anxiety Canada: <https://www.anxietycanada.com/>
- Online Mindfulness-Based Stress Reduction course: <https://palousemindfulness.com/>

### Phone counselling support:

- If you're feeling isolated, lonely, or otherwise distressed and looking to speak to someone anonymously, the Halton Distress Centre is a great resource. The Burlington number is: 905-681-1488. (More information can be found here: <https://www.dchalton.ca/>)
- Canadian Mental Health Association (CMHA) Halton is continuing to offer their "walk-in" counselling services via phone: <https://halton.cmha.ca/our-services/get-support/>

### Crisis support:

In the event that you are experiencing a mental health crisis, please contact one of these services:

- COAST at 1-877-825-9011. (More information can be found here: <https://halton.cmha.ca/our-services/in-a-crisis/>)
- Crisis line for children, youth, and their parents/caregivers via Reach Out Centre for Kids (ROCK): 905-878-9785
- Text-based crisis support: <https://www.crisistextline.org/>

**We hope that you stay healthy and safe during the coming weeks.**