During this time, it is especially important to practice self-care to stay healthy and be resilient. This not only includes taking care of your physical health — exercising, eating and sleeping well — but attending to your mental health as well!

Remember to take a break from the news and social media. We are constantly being bombarded with COVID-19 information, which can cause an increase in stress and anxiety. Make sure to get your information from credible sources such as WHO, Health Canada and the Ontario Ministry of Health.

The following are mental health and wellness resources for employees specifically related to the challenges of coping with COVID-19. We will be updating this document regularly. Please send any suggestions to humanresources@hollandbloorview.ca

### Mental health resources for health care workers during COVID-19

- [Mental health and COVID-19: Services for health care workers](#) from CAMH
- [Mental health and COVID-19: Self-referral for health care workers](#) from CAMH
- [Free mental health services for front-line workers](#) from Canadian Psychological Association

### General mental health resources during COVID-19

- [Mental health and the COVID-19 pandemic](#) from CAMH
- [COVID-19: Managing stress in this anxious time](#) from the Institute for Disaster Mental Health
- [Emotional well-being during the COVID-19 pandemic](#) (webinar) from Morneau Sheppell

### If you or a family member is in crisis

- [Distress centers of Toronto](#) https://dcogt.com/

### Mindfulness

- [Exercises for stress reduction & deep relaxation](#)
- [Mindful self-compassion meditations](#)
- [3-minute mindful breathing meditation](#)
- [Meditation 101](#)
- [Anxiety Canada guided meditations](#)