

BRANT COMMUNITY HEALTHCARE SYSTEM MENTAL HEALTH RESOURCES FOR STAFF



ONTARIO COVID MENTAL HEALTH NETWORK

Facilitating pro bono mental health services for healthcare workers who have been impacted

The Ontario Void Mental Health Network is a group of Ontario-based mental health professionals dedicated to supporting frontline COVID-19 workers during the evolving crisis. As the COVID-19 Virus pandemic spreads so will the toll on Ontarians providing frontline healthcare: doctors, nurses, nursing aides, paramedics, and so on. It has become evident that this population lacks adequate emotional and mental support, and can feel isolated and stigmatized for their contact with those who have been infected. Their goal is to help these workers feel connected, supported, and to provide one-on-one pro bono therapy for those who need it. They are doing this as a temporary measure during the crisis to help reduce friction, offer fast mental health support, and address a terrible gap in our system around mental health.

HOW DOES IT WORK?

If you are seeking teletherapy and are a healthcare worker who has been impacted by COVID-19 in your workplace, please visit <https://covid19therapists.com/>



STRONGER MINDS FOR CANADIANS

The ongoing impact of COVID-19 has brought uncertainty and anxiety for many Canadians.

In response, Green Shield Canada (GSC) understands that it's more important than ever to put high-quality mental health care solutions within easy reach.

Green Shield Canada (GSC) is proud to be sponsoring Stronger Minds, a free digital program from MindBeacon that provides crucial mental health support for all Canadians. The program is available now at mindbeacon.com/strongerminds, and offers guidance in the form of short expert Q&A videos, quick reads, and resilience-building activities - all focused on protecting your emotional well-being as the COVID-19 crisis progresses.

FINDING HOPE IN UNCERTAIN TIMES

Harness Strength. Find Peace. Create Connection.

Join Deepak Chopra, Oprah, and millions of meditators around the world to find peace of mind in the midst of turmoil, and do your part to help our global community find hope and optimism.

Register now for Oprah & Deepak's 21-Day Meditation Experience by visiting:

<https://chopracentermeditation.com/>

It's free to participate!

PHYSICIAN RESOURCES

Ontario Medical Association Resources

During an infectious disease outbreak such as COVID-19, physicians will encounter heightened stress and challenges. The good news is, physician resilience remains the common and natural response to uncommon stress and adversity.

The Physician Health Program invites physicians to drop in virtually between noon and 1 p.m. each weekday to support one another during the COVID-19 pandemic. The sessions will be led by Dr. Kasra Khorasani, a psychiatrist at Mount Sinai Health Systems and St. Joseph's Health Centre in Toronto, who is an expert in group therapy.

For more information, please visit <http://php.oma.org/virtual-chats/>

(Source: <http://php.oma.org/keeping-yourself-healthy-resilience-and-stress-inoculation-during-covid-19/>)

Helpful Links Geared to Physicians

<https://emergencymedicinecases.com/> brings you Canada's brightest minds in Emergency Medicine. The site offers free access to podcasts featuring topics such as:

Preventing Burnout and Promoting Wellness in Emergency Medicine

<https://emergencymedicinecases.com/preventing-burnout-promoting-wellness-emergency-medicine/>

COVID-19 Practical Tips, Pediatric COVID and Human Factors

<https://emergencymedicinecases.com/em-quick-hits-covid-19-practical-tips-pediatric-covid-human-factors/>



GROUNDING TECHNIQUES TO QUIET DISTRESSING THOUGHTS

Physical Techniques - Mental Techniques - Soothing Techniques

Grounding exercises aid in keeping your mind and body connected and working together. They are proven to aid in managing stress and anxiety. They can be quick strategies like taking deep breaths or longer, more formal exercises like meditation. Different strategies work for different people and may come in the form of physical techniques, mental techniques or soothing techniques.

Physical Techniques

- Put your hands in water
- Pick up or touch items around you
- Breathe deeply
- Savour a food or drink
- Take a walk

For additional examples of physical techniques and examples of mental and soothing techniques, visit:
<https://www.healthline.com/health/grounding-techniques#physical-techniques>