

ONLINE RESOURCES FOR SOCIAL CONNECTION AND MENTAL WELLNESS DURING COVID-19

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THE BEST APPS TO USE FOR SOCIAL CONNECTION DURING COVID-19

01

House Party - A fun, free, and easy to use app for phone, laptop or tablet: allows you to video chat with friends, play games, and increase your social connection. Learn more at <https://houseparty.com/>



02

Zoom - Can be used for work or play. Zoom is easy to use on all devices, free for up to 45 minutes for parties of 3+. Chat for an unlimited amount of time for parties of 2; Zoom premium gives you unlimited time for larger groups, but there is a cost. Learn more and download Zoom at www.zoom.us



03

Google Hangouts - Similar to Zoom, Google Hangouts is free, user friendly, and can be used for work or play. All you need is your Gmail account. Learn more at <https://hangouts.google.com/>



04

Jackbox Games - Fun for free! Play a variety of games with family and friends from your smartphone. Also requires a laptop. Learn more and set up your next game at <https://jackboxgames.com/> (some game packs cost extra)



05

TikTok - If you don't know what TikTok is, just Google it. The hashtag #safehandshas already has over 31 billion views – Use this as a different way in which to pass the time while you are washing your hands properly. Learn more at <https://www.tiktok.com/en/>



THE BEST APPS TO USE FOR MENTAL WELLNESS DURING COVID-19

01

Breathe 2 Relax - A free app that gives you detailed info on stress on the body and offers evidence-based exercise to help you breathe to reduce your stress levels. Learn more at

<https://apps.apple.com/ca/app/breathe2relax/id425720246>



02

Calm - This free app promises to help users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories. Learn more at: <https://www.calm.com/>



03

Happify - Happify is a free self-improvement app that measures your happiness for you, and provides evidence-based tasks and games to help you improve your overall wellbeing. Learn more at: <https://www.happify.com/>



04

Headspace - A free guided meditation app that can help you reduce anxiety and bring yourself back into the present. Learn more at:

<https://www.headspace.com/headspace-meditation-app>



05

HealthyMinds - is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy. This app was developed for students by the Royal Ottawa Health Care Group. Learn more at:

<https://www.theroyal.ca/healthyminds-app>



06

Insight Timer - Insight Timer is a smartphone app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. Learn more at: <https://insighttimer.com/>



07

Mindshift - Uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Learn more at:

<https://www.anxietycanada.com/resources/mindshift-cbt/>



THE BEST APPS TO USE FOR MENTAL WELLNESS DURING COVID-19

08

MoodMission - A free, evidence-based app designed to empower you to overcome feelings of depression and anxiety by discovering new and better ways of coping. ... When you tell MoodMission how you're feeling, it gives you a tailored list of 5 simple, quick, effective, evidence-based Missions to improve your mood. Learn more at: <http://moodmission.com/>



09

MoodPath - Free for IOS and Android phones, MoodPath asks you daily questions to help you assess your mood. The app also gives you access to 150 psychological exercises/videos to improve your mental health and wellbeing. Learn more at: <https://mymoodpath.com/en/>



10

PTSD Coach Canada - A free tool to help manage the symptoms associated with PTSD. It is not intended as a replacement for professional care. This mobile app provides information and self-help tools based on current research. Learn more at: <https://open.canada.ca/en/apps/ptsd-coach-canada>



11

Sanvello - Helps you understand your thoughts, moods, and behaviors. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better. Learn more at: <https://www.sanvello.com/>



12

Stop, Breathe & Think - A free mindfulness and meditation app intended to help users cope with stress, anxiety, depression, and insomnia. Learn more at: <https://www.stopbreathethink.com/>



13

Virtual Hope Box - A multi-media coping skill app designed for individuals struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. Learn more at: <https://www.commosensemedia.org/app-reviews/virtual-hope-box>



MORE ONLINE

MENTAL HEALTH AND ADDICTIONS HELP

- 01 BounceBack** - Is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness. Learn more at:
<https://bouncebackontario.ca>
- 02 Big White Wall** - Commissioned by over 120 organisations globally, Big White Wall is an online service providing access to millions with anxiety, depression and other common mental health issues. Learn more or access the chatroom here:
<https://www.bigwhitewall.com/>
- 03 Narcotics Anonymous** - Meetings are available online on the Zoom app. Download the Zoom app here: <https://zoom.us/> and find a local NA meeting via this link:
<http://www.limestonena.com/meetings.php>
Find Worldwide Narcotics Anonymous meetings here:
<https://www.na.org/meetingsearch/>
- 04 Alcoholics Anonymous App** - Learn more on how to attend meetings and download the free application here: https://www.aa.org/pages/en_US/meeting-guide
- 05 Tolerance for Uncertainty: A COVID-19 Workbook by Bay Psychology** - A practical guide to accepting your feelings, tolerating distress, and thriving during the COVID-19 pandemic. You can download the workbook at:
<https://www.baypsychology.ca/workshops>
- 06 Mental Health First Aid Resilience Guide** - Created by the Mental Health Commission of Canada, this guide teaches you about self-care and resiliency, helps you put together your self-care and resilience plan, and provides a number of phone resources by province. You can download the free guide here:
https://www.mhfa.ca/sites/default/files/mhfa_self-care-resilience-guide.pdf



COVID-19: TIPS FOR MANAGING YOUR MENTAL HEALTH

- 01** Anxiety is normal - remember to keep things in perspective
- 02** Practice self-care more often now than usual
- 03** Manage your news consumption. Seek information from trusted sources and try to limit your exposure
- 04** Focus on things in your life that you can control.



COVID-19: TIPS FOR SUPPORTING A LOVED ONE

- 01 Keep lines of communication open and talk regularly - through video chat, phone calls, messaging apps or text messages.
- 02 Be a good listener.
- 03 With permission, provide factual information without getting into an argument. Ask what they make of the information you shared.
- 04 Ask about their general health, food they may need, tasks that need to be done, and other ways you might be able to help them.
- 05 Help them stay distracted with work, hobbies, music, movies and other activities.
- 06 Help them structure the day and encourage them to limit the amount of news they consume.
- 07 If they have a pre-existing mental illness, make sure they have access to their medications and that their condition is not getting worse.
- 08 Connect them to their health care provider or any reliable and validated online support service (e.g. Big White Wall in Ontario).

