

WARNING

If you have been having suicidal ideation or are in need of immediate assistance, we urgently recommend that you go to the nearest Emergency Department .

CRISIS AND PSYCHOLOGICAL DISTRESS

If you are experiencing a situational crisis, we recommend that you contact your health care provider's office. In addition, you can click on the link next to your area for a list of crisis and psychological distress service lines in your region.

OTTAWA (<https://mvoyhealthcare.com/wp-content/uploads/2020/12/MH-Crisis-Resources-Last-updated-December-2020.pdf>)

If none of the above applies to you and you are an adult (above 18 years of age) looking for resources to assist you in maintaining your mental health or manage symptoms of **depression** which are troubling but not incapacitating, this resource is for you.

There is a world of web-based interventions and services that can further support the treatment you are receiving through your health care provider.

Below is list of resources to assist you.

Internet-based Cognitive Behavioral Therapy (iCBT)

The majority of web-based treatment for depression is **cognitive-behavioral therapy**. It is tailored to teach you core cognitive skills and behavioural skills. Web-based services that offer more guidance have been shown to improve outcomes (Webb et Al. 2017). Guidance can be offered in the form of supportive emails or brief phone calls from the iCBT care team. The list of services below have been divided into 'Higher Guidance' and 'Lower Guidance' to assist you in your choice.

Higher Guidance:

AbilitiCBT™

Visit: <https://ontario.abilititcci.com/home>

- 500 \$ per year
- personalized therapist-guided program with online tools and exercises
- Private crisis line available

BEACON™:

Visit : <https://www.mindbeacon.com/>

- **FREE for Ontario Residents** during Covid Pandemic
- Other patients: 635\$ per year. Covered by most private insurance.

Lower Guidance:

MOODGYM:

Visit: <https://moodgym.com.au/>

- **Cost: 50\$**
- Option to consider while waiting traditional services (Twomey et Al. 2014)

- Tailored to your specific condition

BOUNCE BACK

Visit: <https://bouncebackontario.ca/get-started-bounceback-coaching/>

- Free
- Referral needed: Complete self-referral form or ask for a referral from your health care provider.
- Combines phone Coaching program with online workbooks
- 6 sessions with options of up to 2 additional booster when sessions are completed

Other self-management tools

TruReach (TruReach Health)

Visit: <http://www.trureachhealth.com/>

- Self- help platform with lessons, exercises and peer support.

Togetherall®

Visit: <https://togetherall.com/en-ca/>

- 24/7 online peer support and self-management tool.
- opportunity to display feelings using images, drawings, and words to make bricks that are posted to the Wall.

Mindfulness

The aim of mindfulness is to help you become more aware of your thoughts and help you respond intentionally rather than react out of habits. Click on the link below from a mindfulness practice program.

PRACTICE OF MINDFULNESS (Coming soon)

If you wish to explore more traditional counselling services, there are both publicly funded programs and private services. Click on the link next to the area you are looking for a psychologist or counselling services.

OTTAWA (<https://mvoyhealthcare.com/wp-content/uploads/2020/12/MH-Counselling-Services-Last-updated-Dec-2020.pdf>)

References

Christian A. Webb, Isabelle M. Rosso, and Scott L. Rauch. Internet-based Cognitive Behavioral Therapy for Depression: Current Progress & Future Directions. *Harv Rev Psychiatry*. 2017 ; 25(3): 114–122.

Conal Twomey, Gary O'Reilly, Michael Byrne, Matthew Bury, Aisling White, Sheila Kissane⁵, Aisling McMahon and Nicola Clancy. A randomized controlled trial of the computerized CBT programme, MoodGYM, for public mental health service users waiting for interventions. *British Journal of Clinical Psychology* (2014), 53, 433–450.

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