

COVID-19 Mental Health Resource for Health Care Providers

Centre for Addiction and Mental Health Health Care Provider (HCP) Resource Site
<http://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

What is the aim of the Health Care Provider page?

CAMH knows that mental health is health, and our health care workers are heavily impacted by the recent changes to pandemic precautions and stigma associated with health care safety. This CAMH COVID-19 site provides crisis, stress and anxiety resources and links to resources and referrals for health care workers. The aim of the COVID-19 health care workers site is to provide the following resources:

- Self-referral to direct clinical care starting with a psychiatric or psychological assessment to support health care providers with their mental health and addictions. This includes psychotherapy interventions (delivered virtually). Health care providers in Ontario can complete the online self-referral form located on the website to access a psychologist or psychiatrist.
- Support groups facilitated by health care providers and communities of practice to bring health care providers together during this pandemic as a form of peer support
- List of Ontario based helplines which are open 24 hours and staffed by individuals (often volunteers) who have undergone 40 hours or more of crisis training. The PARO helpline is for residents in Ontario, their families and medical students and provides access to volunteers trained on acute crisis intervention 24 hours a day, 7 days a week
- Psycho-education resources including how to cope with anxiety during COVID-19, how to speak to your kids about COVID-19, and other resources
- Resources on delivering virtual mental health care during COVID-19 including videos on Do's/Don'ts of telepsychiatry, suggested apps for supporting mental health, telemental health implementation guide, podcasts, and resources on the CAMH Digital and AI Mental Health Training Program (<https://digital.camhx.ca>)
- Resident resources for mental health (PARO)

How are resources curated?

CAMH formed a clinical team of psychologists, psychiatrists, addiction counselors and telemental and remote mental health specialists to review the best practices and advice for health care workers dealing with limited resources and requirements for social distanced mental health care. Working with communications coordinators, web developers and education specialists, CAMH created a working group for COVID-19 content that met evidence review and web and language accessibility best practices for Canadian websites. This work has branched out to include evidence and review of resources from universities, professional colleges and Ontario-based health organizations.

What are the different types of resources and how is it organized?

CAMH provides self-care and distress management resources, groups and communities of practice for professionals, a curated list of specific helplines, and resources for communicating with patients and families, including guides on delivering virtual care. Individuals can go directly to seeking a referral for mental health care, join a group or community of practice or use resources for self-management. They can also use resources to support their care delivery and address challenges with providing mental health care during COVID-19.

Queen St. Site
1001 Queen St. W
Toronto, ON
M6J 1H4

Russell St. Site
33 Russell St.
Toronto, ON
M5S 2S1

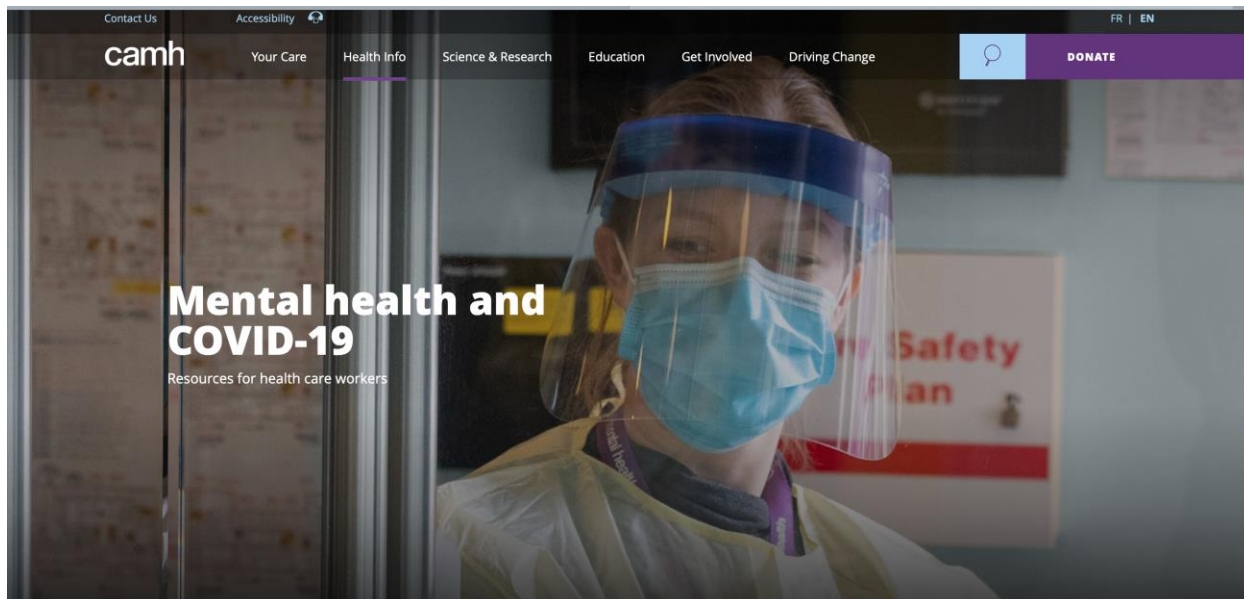
College St. Site
250 College St.
Toronto, ON
M5T 1R8

Who is the target audience?

Any health care worker including physicians, nurses, allied health professionals and trainees

How often is the site updated?

This web page is reviewed weekly and new resources and materials are added each week.



Your Mental Health and Self-Care

- Provider self-care and distress management resources
- ECHO Coping with COVID-19
- Connecting with other professionals
- Helplines

Supporting Your Patients

- Communicating with patients and families
- Delivering virtual care

For more information contact:

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