

Supports and Self Care Resources available during this Covid-19 Crisis.

Here are some online or telephone supports that are available and that do not require social distancing.

If you are having a mental health crisis, contact **Here 24/7** by phone at 1.844.437.3247 or online at <https://here247.ca/>

If you identify as a LGBTQ2+ youth and want to talk with another youth who might get what you are going through you can reach out to **YouthLine**. Call 1.800.268.9688 or text 647.694.4275. Please note they are only available during certain times. You can also CHAT LIVE with someone who gets it at <https://www.imalive.org/>.

The Sexual Assault Support Centre of Waterloo Region has a 24/7 support line: 519.741.8633

WOEBOT <https://woebot.page.link/Ontario>. An app for those facing anxiety or depression to learn and practice CBT-based strategies.

PIXEL THOUGHT <https://www.pixelthoughts.co/>. A 60 second meditation to help clear your mind!

SUPERBETTER <https://www.superbetter.com/>. SuperBetter builds resilience – the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.

YOU FEEL LIKE SHIT: <https://youfeellikeshit.com/>. This game guides you through a series of questions that help you practice self-care. It's especially useful for people who struggle with self-care, executive dysfunction, and/or reading internal signals. It's designed to take as much of the weight off of you as possible, so each decision is very easy and doesn't require much judgment

CALM HARM <https://calmharm.co.uk/>. An app that helps young people resist or manage the urge to self-harm. Great for adults, too!

Canadian Mental Health Association website has a range of tip sheets available for download. <https://cmha.ca/document-category/mental-health>