

Resources for Low Mood and Anxiety

Lifestyle

Nutrition

Nutrition for breakfast, lunch and dinner; and try to eat more fruit and vegetables and less unhealthy food.

☐ [HFHT Webinar: Food and Mood](#)

☐ [PlantRx](#)

Exercise

Try to stand up, move around, and use your muscles. Increase your heart rate at least 30 min every day.

☐ [ParkRx](#)

☐ [Breathing and moving for stress \(YouTube Playlist\)](#)

Sleep

Aim for 8-10 hours of sleep each night. Try to go to bed at and wake up at the same time every day.

☐ [My Sleep Well](#)

☐ [CBT-i Coach App](#)

Self-Directed

Online

☐ [Anxiety Canada](#)

Evidence-based resources for anxiety for children, youth and adults.
Pregnancy and post partum resources

☐ [Mindshift App](#)

Build skills for managing anxiety and depression
Strategies based on cognitive behavioural therapy

☐ [Insight Timer](#)

>100k database of guided meditations

☐ [TogetherAll](#)

Anonymous online community of support
Available to post-secondary students

Books

☐ Mind Over Mood: Change how you feel by changing the way you think, 2nd edition (2016)

Dennis Greenberger & Christine A. Padesky

☐ The Anxiety and Phobia Workbook, 7th edition (2020)

Edmund J. Bourne, PhD. (includes a link to worksheets, handouts, meditations and podcasts)

Counselling

☐ [HFHT Mental Health Webinars \(YouTube Playlist\)](#)

Pre-recorded videos led by HFHT Mental Health Counsellors on a variety of topics
For example: Skills to reduce anxiety

☐ [BounceBack](#)

Guided self-help for people with mild to moderate anxiety and depression
Phone option 1-888-345-0224

☐ [Mind Beacon](#)

Therapist guided program based on CBT
Skills building approach to therapy

☐ Employee Assistance Programs (EAP)

Voluntary confidential service offered through some employers

☐ Find a local counsellor <https://inkblottherapy.com/>
or <https://www.psychologytoday.com/ca>

Specific Populations

Youth

☐ [Children's Mental Health Ontario](#)

Web-based collection of resources for kids and parents

☐ [Good2Talk](#)

Phone support service for post-secondary students
1-866-925-5454

Indigenous

Mental health counselling and crisis intervention

☐ [Hope For Wellness:](#) 1-855-242-3310

☐ [Talk4Healing:](#) 1-855-554-HEAL

LGBT

☐ [HFHT website](#) for crisis support as well as a list of services and groups in the Hamilton area

☐ [LGBT Youthline:](#) 647-694-4275

Other

ACUTE CRISIS

☐ [COAST \(Crisis Outreach and Support Team\)](#)

24-Hour Crisis Line: 905-972-8338
Toll free: 1-844-972-8338

☐ [Barrett Centre for Mental Health Crisis Support](#)

24-Hour Crisis Line: 905-529-7878
Toll free: 1-844-777-3571