

# Who's looking after you?

If you are a health care worker impacted by stress related to COVID-19 support is available to help you cope.



## RESOURCES



**iCBT support:** [Woebot](#) is a conversational agent that delivers cognitive behavioural therapy. The user experience is centred around mood tracking, and goal oriented, tailored conversations. Enter "Ontario" referral code.

**Self-led support:** Find resources you can access on your own with tips and ideas to help you maintain your mental wellness and cope with stress.

**Peer support:** Participate in an online session with peers to learn about ways to build resilience and maintain wellness through lectures and case-based discussions. Current sessions:

- [ECHO Coping with COVID](#), which is designed for health care providers and doctors responding to the COVID-19 pandemic (meets twice per week, English only).
- [ECHO Care of the Elderly for LTC: COVID-19](#), which is designed for those working in long-term care settings (meets once a week, English only).

**Talk to a clinician:** If you are a frontline health care worker and would like confidential support from a clinician, including iCBT supports, you can self-refer online or by phone to any of the access points below.

- [Ontario Shores Centre for Mental Health Sciences](#), Whitby (in English only)
- [St. Joseph's Healthcare](#), Hamilton (in English only)
- [The Royal Ottawa Mental Health Centre](#), Ottawa
- [Waypoint Centre for Mental Health Care](#), Penetanguishene
- [Centre for Addictions and Mental Health \(CAMH\)](#), Toronto

