

### Mental Health and Wellness Resources

- *University of Windsor – Free Counselling Sessions for Hospital Workers*
  - <https://www.uwindsorthrapy.com/>
- *Windsor-Essex County Health Unit – Where to Access Help and Resources*
  - <https://www.wechu.org/cv/where-access-help-resources>
- *CAMH – Centre for Addiction and Mental Health*
  - Self-Referral Form Link: <https://redcapsurveys.camh.ca/redcap/surveys/?s=JK4XK83AYC>
- *CAMH – Mental Health and COVID-19 Resources for Health Care Workers*
  - <https://www.camh.ca/en/health-info/mental-health-and-covid-19/informationforprofessionals>
- *Mental Health Commission of Canada – Resource Hub*
  - <https://www.mentalhealthcommission.ca/English/covid19>
- *Royal College of Physicians and Surgeons of Canada – Wellness Resources for Health Professionals*
  - <http://www.royalcollege.ca/rcsite/documents/about/covid-19-wellness-resources-hp-e>
- *Canadian Psychological Association – Fact Sheets / COVID-19 Resources*
  - <https://cpa.ca/psychologyfactsheets/>

### Hospice Palliative Care Ontario – Grief and Bereavement Supports for Health Care Workers Online Sessions

- *Preparing ourselves for the marathon of a Pandemic*
  - <https://vimeo.com/405979281/d8c65709ec>
- *Coping with the Fear of Infection*
  - <https://vimeo.com/407674582/8d1c49eb22>
- *When Families Can Not Be Present at The Time of Death*
  - <https://vimeo.com/411147700/2243d35242>
- *Assessing and Coping with Exhaustion*
  - <https://vimeo.com/417721258/5a96822b40>

### Talking to Children About COVID-19

- *Windsor-Essex Health Unit – Support Children, Family Members and Friends*
  - <https://www.wechu.org/cv/support-children-family-members-friends>
- *CMHO – Children Mental Health Ontario – COVID Resources for Parents*
  - <https://cmho.org/familycarecentre/>
- *CAMH – Centre for Addiction and Mental Health*
  - [https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-talking\\_to\\_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253](https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf?la=en&hash=59AC3799BC481EC9238ECD9044A98B40C5CEA253)
- *Youth Wellness Hubs – Ontario – Resources for Young People*
  - <https://youthhubs.ca/en/news/>

### Access to Community Support

- *Employee Assistance Program – WRH employees*
  - Phone: 1-844-720-1212 / Website: <https://www.fseap.ca/myfseap>
  - [https://www.wrh.on.ca/uploads/Coronavirus/FSEAP\\_Communique\\_COVID19\\_March\\_16\\_2020.pdf](https://www.wrh.on.ca/uploads/Coronavirus/FSEAP_Communique_COVID19_March_16_2020.pdf)
- *24 hours Crisis Telephone line : 519-973-4435*
- *Community Crisis Centre within the Transitional Stability Centre (HDGH)*
  - <https://www.hdgh.org/transitionalstabilitycentre>
- *Mental Health & Addictions Urgent Care Centre (HDGH)*
  - <https://www.hdgh.org/MHAUCC>
- *Windsor Regional Hospital – Emergency Departments*