



When to Seek Professional Mental Health Care & Where To Get It

COVID-19 has caused unprecedented change to the way we live our lives in a very short period of time causing increased anxiety, changes in our mood, grief, tension, frustration, and irritability. For many, these difficulties can be managed by leaning on our friends and family, seeking out self-help resources for mental health, or connecting with our existing healthcare providers. However, here are some signs of when you may wish to seek more support:

Is anxiety interfering in your functioning or quality of life? If you're having difficulty sleeping, making decisions, concentrating, maintaining self-care, caring for people who are dependent on you, or accomplishing tasks at home.

How is your level of depression? If you're feeling persistently down, hopeless or sad and it's interfering in your functioning or quality of life.

Do your thoughts sound like this? If you are having thoughts about harming yourself or others, or ending your life, or are having thoughts that life is not worth living anymore it's time to reach out for help.

Do you need more than your current support? If you have reached out to your support system and are continuing to experience persistent anxiety or depression.

Have you experienced a traumatic event? If you or someone close to you has experienced a trauma and you are experiencing intense grief or post-traumatic reactions like nightmares and intrusive memories.

Are you engaging in substance use? If you find yourself trying to manage your symptoms with excessive substance use, like alcohol or recreational drugs.

If You Are in Crisis:

- Contact the 24-hour Crisis Outreach and Support Team (COAST) at 905.972.8338 and at coasthamilton.ca
- You can also reach the 24-hour Crisis Services Canada Line at 1.833.456.4566 and at crisisservicescanada.ca/
- Or go in person to St. Joseph's Healthcare Hamilton's Psychiatric Emergency Service at the Charlton Campus.



Other Ways To Get Help

Outpatient Support:

Ask your family doctor for a referral to SJHH Mental Health and Addictions Program via CONNECT

Youth Support:

Youth aged 17-25 can access virtual drop-in counselling at the Youth Wellness Centre, SJHH by calling 905.522.1155 ext. 31725 on Wednesdays and Thursdays from 1:00-4:00pm

Substance Use and Addiction Support:

Online 12 step meetings for addictions or problematic substance abuse:

- **Alcoholics Anonymous** - aa-intergroup.org/directory.php
- **Cocaine Anonymous** - www.ca-online.org/
- **Narcotics Anonymous** - www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance
- **SMART Recovery** - www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/

Support for Frontline Workers:

The Ontario COVID-19 Mental Health Network is providing pro-bono virtual mental health services to first-line or essential workers: covid19therapists.com

Self-Help App:

Moodgym is a self-help program to help prevent and manage symptoms of depression and anxiety: <https://moodgym.com.au/>

Peer to Peer Support:

- Depression and Bipolar Support Alliance is a peer-led support group for depression and bipolar disorder: www.dbsalliance.org/support/chapters-and-support-groups/online-support-groups/
- Turn2Me: online support groups for anxiety, depression, stress management, suicidal thoughts and feelings, and more: turn2me.org/group-supports