

## Practising Well Community of Practice

### Helping patients deal with the mental health impacts of the pandemic

April 28, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca).

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- The Practising Well Community of Practice
- The Practising Well Information Exchange [coming soon]: An easy-to-navigate online repository of information.
- The Practising Well Peer-to-Peer Connect [coming soon]: An opportunity to partner with another family physician in a one-on-one setting, and share experiences and best practices.

### General Resources

- Practising Well  
<https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians  
<https://www.ontariofamilyphysicians.ca/>

### Shared Resources

- **Togetherall** is an anonymous online community where members can support each other 24 hours a day  
<https://togetherall.com/en-ca/>
- **BounceBack** is a free skill-building program that adults and youth 15+ can access over the phone. Either self-referral or provider referral.  
<https://bouncebackontario.ca/>
- **Centre for Clinical Intervention** - [www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)
- **Tolerance for Uncertainty: Covid-19 Workbook to Accept Your Feelings, Tolerate Distress, and Thrive** - [www.baypsychology.ca/workshops](http://www.baypsychology.ca/workshops)
- **Toronto Public Health Seniors mental health supports** - <https://www.toronto.ca/community-people/children-parenting/seniors-services/seniors-health-services/>
- **Student Senior Isolation Prevention Partnership** - <https://www.ssipp.info/>
- **WHO: Doing What Matters in Times of Stress: An Illustrated Guide** - [https://www.who.int/publications/i/item/9789240003927?gclid=EAlaIqobChMltNqU4sSk6QIV9vvjBx2a0AdaEAAYAiAAEgJqnPD\\_BwE](https://www.who.int/publications/i/item/9789240003927?gclid=EAlaIqobChMltNqU4sSk6QIV9vvjBx2a0AdaEAAYAiAAEgJqnPD_BwE)
- **Centre for Effective Practice Adult ADHD toolkit** - [CEP\\_AdultADHD\\_2020.pdf](https://cep.adultadhd.org/CEP_AdultADHD_2020.pdf)

### Internet-Based Cognitive Behavioural Therapy (currently free in Ontario)

- **AbilitiCBT** - <https://myicbt.com/home>
- **MindBeacon** - <https://info.mindbeacon.com/btn542>
- **TeleCBT** (Fee for services for those without valid OHIP) - <https://telecvt.ca/ohip/>

### COVID-Related

- **Wellness Together Canada: Mental Health and Substance Use Support** - <https://ca.portal.gs/>
- **Anxiety Canada** - <http://www.anxietycanada.com/>
- **Video on vaccine comparisons** - [https://www.youtube.com/watch?v=K3odScka55A&ab\\_channel=Vox](https://www.youtube.com/watch?v=K3odScka55A&ab_channel=Vox)

- **Black Opportunity Fund Town Hall for Covid -19** - <https://www.blackopportunityfund.ca/past-events/covid-19-vaccine-town-hall/>
- **COVID Physicians Facebook group** - <https://www.facebook.com/groups/1513040505529747>

#### Support for Trauma

- **My BeST: Trauma Survivors' Network** - [www.stmichaelshospital.com/programs/trauma-survivors-network/](http://www.stmichaelshospital.com/programs/trauma-survivors-network/)
- **West End Services for Abuse and Trauma (WESAT)** - 416-240-1111 ext. 2532
- **Women's College Sexual Assault/Domestic Violence Care Centre** - 416-323-6040

#### Grief and Bereavement Support

- **Bereaved Families of Ontario** - 416-440-0290 - [www.bfotoronto.ca](http://www.bfotoronto.ca)

#### Organizations that Help

- **Black Creek Community Health Centre**  
[www.bcchc.com](http://www.bcchc.com)  
416-249-8000 or 416-246-2388
- **Mood Disorders Association of Ontario (Group Support)**  
1-888-486-8236  
[www.mooddisorders.ca](http://www.mooddisorders.ca)
- **Yorktown Family Services**  
[www.yorktownfamilyservices.com](http://www.yorktownfamilyservices.com)  
416-394-2424

#### Apps for Your Smartphone

- **Calm:** [www.calm.com](http://www.calm.com) *\*in-app purchases*
- **CBT-i Coach:** <https://mobile.ca.gov/app/cbt-i-coach>
- **Headspace:** [www.headspace.com](http://www.headspace.com) *\*only first 10 sessions are free*
- **Mindshift:** [www.anxietycanada.com/resources/mindshift-cbt](http://www.anxietycanada.com/resources/mindshift-cbt)

#### Crisis Lines

- |   |  |   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• <b>Distress Centre</b><br/>416-408-4357 or<br/>Text: 45645<br/><a href="http://www.dcoqt.com">www.dcoqt.com</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Gerstein Crisis Centre</b><br/>416-929-5200<br/><a href="https://gersteincentre.org/">https://gersteincentre.org/</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Assaulted Women's Helpline</b><br/>1-866-863-0511<br/><a href="http://www.awhl.org">www.awhl.org</a></li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>Seniors Safety Line</b><br/>1-866-299-0511<br/><a href="http://www.eapon.ca">www.eapon.ca</a></li> </ul>                | <ul style="list-style-type: none"> <li>• <b>Kids Help Phone</b><br/>1-800-668-6868<br/><a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a></li> </ul>          |   |

#### Community Referral Lines

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|---|--|--|
| <ul style="list-style-type: none"> <li>• <b>The Access Point</b><br/>416-640-1934<br/><a href="http://www.theaccesspoint.ca">www.theaccesspoint.ca</a></li> </ul> | <ul style="list-style-type: none"> <li>• <b>Community and Social Services Helpline</b><br/>211</li> </ul>  | <ul style="list-style-type: none"> <li>• <b>Coordinated Access to Addiction Services</b><br/>1-855-505-5045</li> </ul> |
| <ul style="list-style-type: none"> <li>• <b>Central Access for Withdrawal Management</b><br/>1-866-366-9513</li> </ul>  | <ul style="list-style-type: none"> <li>• <b>Connex Ontario Information Line for Mental Health, Addictions, and Gambling</b><br/>1-866-531-2600<br/><a href="http://www.connexontario.ca/en-ca/">www.connexontario.ca/en-ca/</a></li> </ul> |  |

#### Mindfulness

- Mindfulness – **Netflix Headspace:** Guide to Meditation (Netflix account required)

- **Center for Mindfulness Self-Compassion** - <https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>
- **InsightTimer** - <https://insighttimer.com/>

#### Other resources

- **Inkblot Therapy** - <https://inkblottherapy.com/>
- **See a doctor virtually** - <https://seethedoctor.ca/en/>
- **CouchMD** - [www.couchmd.ca](http://www.couchmd.ca)
- **ECHO Integrated Mental and Physical Health** - <https://edc.camhx.ca/redcap/surveys/?s=YDCJAPT7X>
- **OCFP Mood Disorders: Comprehensive and Realistic Strategies for Primary Care** – <https://www.ontariofamilyphysicians.ca/education/about-programs-workshops/mood-disorders>  
Expression of interest survey - <https://www.surveymonkey.com/r/MBF7NPY>