

RESOURCES FOR PATIENTS, THEIR FAMILY, CAREGIVERS AND FRIENDS

Information on depression

- Greenspace - Connects people with therapists across Ontario: <https://www.greenspacehealth.ca/patients/>
- Canadian Mental Health Association brochure on depression: <https://cmha.ca/wp-content/uploads/2015/12/Depression-and-Bipolar-NTNL-brochure-2014-web.pdf>
- Here - Resource on helping patients manage their depression: <https://www.heretohelp.bc.ca/managing-depression>
- Informed Choices About Depression: Information about depression and treatments for depression: <https://depression.informedchoices.ca/factsheets/>
- Centre for Clinical Intervention resource on helping patients understand and work through their depression: <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>

Online therapy

- BounceBack Ontario - Guided self-help program grounded in cognitive behavioural therapy designed to help adults manage symptoms depression. Involves 6 telephone sessions with trained coaches who lead the patient through a series of workbooks. Cost is free. Patient is contacted within 5 business days of referral to schedule first appointment. Referral or patient self-referral is required: <https://bouncebackontario.ca>
- Centre for Mindfulness Studies: Provides mindfulness-based cognitive therapy (MBCT), mindfulness-based stress reduction (MBSR), mindful self-compassion (MSC) and specialized mindfulness training to the general public. Available from: <https://www.mindfulnessstudies.com/>
- Headspace - An online site for meditation: <https://www.headspace.com/>
- Mindshift app - This app uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. Available on the [App Store](#) and [Google Play](#)
- Moodgym - A 5-module online cognitive behavioural therapy program for depression. Cost is \$39 AUD for 12 month access: <https://moodgym.com.au/>

Support groups and wellness services

- Canadian Mental Health Association (CMHA) - Locate your local CMHA for mental health support services and programs: <https://cmha.ca/find-your-cmha>
- Mood Disorders Association of Ontario - Provides free support programs to people across Ontario, and their families, who are living with depression: <https://www.mooddisorders.ca/>
- Thought Spot app - Provides a live map for easily identifying and accessing health, mental health and wellness services in the Greater Toronto Area. Available on the [App Store](#) and [Google Play](#)

Suicide prevention

- Canadian Association for Suicide Prevention - Tips on how to identify suicidal thoughts and tips for the patient's loved ones or caregivers: <https://suicideprevention.ca/im-concerned-about-someone>
- Distress and Crisis Ontario (DCO) - DCO have distress centres that provide a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, 7 days a week. Many centres also have Suicide Survivor programs, support services for youth, telephone call out programs for seniors and vulnerable people, mental health Crisis Lines services and much more: <http://www.dcontario.org/about.html>
- ReMinder Suicide Safety Plan app - Helps you to create a simple suicide safety plan, that can be accessed at any time on your phone. Available on the [App Store](#) and [Google Play](#)
- Portico Network - This toolkit includes information, resource and tools to support clinicians in providing comprehensive care to clients and patients who demonstrate suicide-related behaviour: <https://www.porticonetwork.ca/web/opop/tools/suicide-risk-assessment-toolkit>

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Leaders for a healthy Ontario.

