Useful Resources

OMA Physican Health Program

<http://php.oma.org/>

Toronto Distress Centres:

[416 408-4357](tel:416%20408-4357) or 408-HELP  Or or text: 45645  -  24-hour confidential emotional support and crisis intervention 7 days a week to individuals in our community at risk. Call [416-408-4357](tel:416-408-4357) (408-HELP)

[Gerstein Centre](http://gersteincentre.org/)

[416-929-5200](tel:416-929-5200), 24 hrs/7 days. - confidential emotional support and crisis intervention for adults in Toronto

CAMH website on mental health and the COVID pandemic:

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Blog: The Happy MD

<https://www.thehappymd.com/blog>

EM Ottawa: Going home checklist

<https://e3bbb743-1727-410d-a677-7bd8e358f64e.filesusr.com/ugd/14f06e_e75b0e5cca6e4a4faa3c77685590dbc1.pdf>

Covid-19 Mental Health Network – 5 free therapy sessions for HCW

<https://covid19therapists.com>