



BEHAVIORAL HEALTH RESOURCES FOR COVID-19

Prior to the coronavirus pandemic, both the U.S. and Canada were experiencing increasing rates of opioid overdoses, deaths by suicide and mental health disorders such as anxiety and depression. As a result of COVID-19, millions of people are experiencing challenging circumstances, such as unemployment, social isolation, home schooling, increased risk for domestic abuse and child abuse and fear of the unknown. Each of these can contribute to higher rates of stress, making existing mental health conditions worse or leading to new mental health and substance use issues.

The following resources may provide valuable assistance for people experiencing various challenges as a result of the coronavirus pandemic. **If you or someone you know is in immediate danger, call 9-1-1.**

Mental Health Emergency/Immediate Emotional Support Resources

National Alliance on Mental Illness (NAMI) HelpLine

- Call 800-950-NAMI (6264) or email info@nami.org
- Monday to Friday, 10:00 a.m. to 6:00 p.m. Eastern

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline

- Call 1-800-985-5990 or text TalkWithUs to 66746
- Available 24/7
- Crisis counseling and support for distress or behavioral health concerns related to natural or human-caused disasters, including public health emergencies

Crisis Text Line

- Text TALK to 741741
- Trained crisis counselors available 24/7

National Suicide Prevention Lifeline

- Call 800-273-TALK (8255) or use the [online Lifeline chat](#)
- Trained crisis counselors available 24/7 for anyone in crisis – whether they are considering suicide or not

National Domestic Violence Hotline

- Call 1-800-799-7233 or 1-800-799-7233 for TTY
- Text LOVEIS to 22522 or use thehotline.org if you're unable to speak safely

Childhelp National Child Abuse Hotline

- Call or text 1-800-422-4453
- Available 24/7
- Live chat with a trained counselor also available at www.childhelphotline.org

National Sexual Assault Telephone Hotline

Call 800-656-HOPE (4673) for a trained staff member from a sexual assault service provider in your area.

Online Recovery Resources

In the Rooms

Free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues.

DynamiCare Health

Telehealth recovery program offering a free recovery support meeting every day at 12 p.m. Eastern during the COVID-19 pandemic.

Online Group AA (Alcoholics Anonymous) Meetings

Virtual NA (Narcotics Anonymous) Meetings

Al-Anon Electronic Meetings

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking.

Free Recovery Apps Available on Both Android and iPhone

Alcoholics Anonymous App

Hazelden Mobile Apps

Nomo – Create and share sobriety clocks to track the number of days you've been sober, unhealthy habits you've gone back to or anything else you want to track.

Sober Grid – Largest mobile sober community; personalized resource for tracking and sharing progress with others, including giving and receiving support.

Community Resources

Union Plus

Financial, homeowner and healthcare assistance for union members and families

Salvation Army

- Assists with essential life needs and mental health and emotional needs
- Call 844-458-4673 between 9 a.m. and 9 p.m. Eastern to speak to a counselor in English or Spanish

United Way, via 2-1-1

- Dial 2-1-1 for a community resource specialist in your area
- Available 24/7

Helping Hands

Connects senior citizens, the immunocompromised and people with pre-existing medical conditions with healthy volunteers to help deliver groceries, medicine and other necessary supplies

Canadian Resources

Canada Suicide Prevention Support Line

- Call 1-833-456-4566; available 24/7
- Text START to 45645; available 4 p.m. to 12 a.m. Eastern

Kids Help Phone

- Call 1-800-668-6868, text CONNECT to 686868 OR use the [website's live chat](#)
- Available 24/7
- Offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French

Call 2-1-1

- Primary source for government and community-based health and social services
- Available 24/7

Ontario:

Ontario Association for Suicide Prevention

Call 2-1-1

Visit www.dcontario.org/centres.html for specific crisis centers

Quebec:

Drugs Help and Referral (DAR)

- Call 514-527-2626 (Montreal area) or 1-800-265-2626 (toll-free everywhere in Quebec)
- Available 24/7

New Brunswick:

Chimo Helpline

- Call 1-800-667-5005
- Available 24/7

Nova Scotia:

Mental Health Crisis Line

- Call 1-888-429-8167
- Available Monday to Friday, 8:30 a.m. to 4:30 p.m.

Prince Edwards Island:

Addiction Services

- Call 1-888-299-8399
- Provides a range of programs designed to help people through the various stages of recovery

Nunavut:

Kamatsiaqtut Nunavut Helpline

- Call 867-979-3333 or 1-800-265-3333 (toll-free)
- Available 24/7

Yukon:

Mental Wellness and Substance Use Services

- Call 867-456-3838 or 1-866-456-3838 (toll-free)
- Available Monday to Friday, 8:00 a.m. to 4:30 p.m.

You may also have access to an Employee Assistance Program (EAP) or Member Assistance Program (MAP) through your LIUNA health and welfare fund. These programs provide assistance with mental health, emotional issues and other factors contributing to stress.