



JEWISH FAMILY AND CHILD SERVICE OF GREATER TORONTO

Jewish Family and Child Service of Greater Toronto

4600 Bathurst Street
Toronto, ON M2R 3V3

T: 416-638-7800
F: 416-638-7943

info@jfundcs.com
www.jfundcs.com

Gordon S. Wolfe Branch

365 Bloor Street East
Suite 1904
Toronto, ON M4W 3L4

T: 416-961-9344
F: 416-961-9351

York Region Branch

9600 Bathurst Street
Suite 242
Vaughan, ON L6A 3Z8

T: 905-303-5838
F: 905-303-5892

Jerome D. Diamond Adolescent Centre

196 Keewatin Avenue
Toronto, ON M4P 1Z8

T: 416-482-3023
F: 416-482-3014

Navigating COVID-19 - Helpful Resources for High School Students, Young Adults and Families From JF&CS School Outreach Workers

Our brains don't have the past experience, or a template to help us understand what's going on right now. It's okay to not be okay.

There are lots of supports available to help you, and those around you, get through this challenging time.

Online Talk Therapy

- [Straight Up Health](#) - practice targeted for teens, young adults and their caregivers, currently offering free 30-minute support calls by telephone/video, email hi@straiqhtuphealth.ca to book a session with a therapist
- [Big White Wall](#) - free mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events, available 24/7/365
- [Layla](#) - finds you a therapist matched to your needs, available in Ontario, free initial phone call, sessions in-person, online via video, or over phone
- [Greenspace Mental Health](#) - finds you a therapist matched to your needs, available in GTA, sessions in person or online video (therapy fees apply)
- [Maple](#) - offers psychotherapy appointments via their secure app, sessions can be 30 or 50 mins in length; in addition to providing psychotherapy nationally, Maple is currently offering OHIP funded COVID-19 testing as well as their regular on-going support for additional health challenges (ie: UTI, birth control refill, strep throat, etc.)
- [Talkspace](#) - currently offering \$100 off their plans, matched with a therapist with whom you communicate via written messaging or video chat
- [BetterHelp](#) - offers \$40 to \$70 weekly plans, support can be via text/chat or video call, US-based, however clients can be from anywhere
- [Inkblot](#) - virtual therapy sessions
- [Shift Collab](#) - in-person and online options, sliding scale available, free initial consult call
- [Balanced Mind and Wellness Inc.](#) - phone and secure video counselling in GTA, psychotherapy & naturopathic services
- [Affordable Therapy Network](#) - offering reduced rates, low-cost, sliding scale online therapy
- [Pathway-Therapy](#) - in-person and online options, sliding scale now available to support a wider range of people during the COVID-19 pandemic
- [Open Path Collective](#) - sliding scale for individual therapy and family (\$30-\$80)
- [New Creations Counseling](#) - offers online therapy for individuals and couples

Instagram Accounts

- [@mswjake](#)
- [@therapywithannie](#)
- [@straightuphealth.ca](#)



CRA Registered Charity
118974229RR0001

Information/Articles

- [Take Care | Care for Your Coronavirus Anxiety](#)
- [Keeping Your Distance to Stay Safe](#)
- [Coronavirus and your wellbeing](#)
- [Coronavirus: How to protect your mental health](#)
- [Mental Health and Coping During COVID-19](#)
- [Working Remote and Feeling Connected During COVID-19](#)
- [How to Stay Emotionally Healthy During the Coronavirus Outbreak](#)
- [Taking care of your mental health during COVID-19](#)
- [Mental Health and the COVID-19 via CAMH](#)
- [Managing Stress In This Anxious Time](#)
- [Tackling COVID-19 Anxiety](#)
- [5 Ways to Manage Financial Anxiety](#)
- [The Key To Great Video Therapy](#)
- [Who's in Your Big 5? Let's Chat Support Networks!](#)
- [Managing the COVID-19 Pandemic Panic](#)
- [Pain in the Neck? Good Ergonomics & Working From Home](#)
- [The Emotional Hangover: What Can Happen After Your First Session with a New Therapist](#)

Supporting Each other/Community

- [Be There - Mental Health Support](#) - How to support those around you
- [MDAO Forum](#) - Forum to chat with others for support
- [Huddle](#) - Free video-based peer support groups around COVID-19, starts March 23

Mindfulness, Meditation & Learning

- [Headspace](#) - offering **free** meditations for COVID19
- [Balance](#) - (iOS) This month, they're offering a completely **free** one-year subscription
- [Prana Breath](#) - (Android) **free** app for guided breathing
- [Calm.com](#) - offering **free** meditations
- [Insight timer](#) - app with lots of great **free** meditations
- [Healthy Minds app](#) - training your mind is the key to your emotional well-being, **free**
- [Sue Hutton Mindfulness](#) - **free** online mindfulness events amidst COVID19 – every Friday 7-8PM (EST)
- [The Science of Well-Being](#) - **free** 2-week course from Yale designed to teach you how to build healthy habits and increase your happiness
- [Crescendo's](#) - Diversity & Inclusion Learning Platform, **free** for 6 weeks with learning tracks about Connecting Pandemics & Xenophobia, COVID-19 & Socio-Economic Status, and Inclusive Remote Work
- [Edx](#) - **free** online courses from top universities

Staying Creative

- [12 Famous Museums offer virtual tours online](#)
- [Brit+Co](#) - offering creative online classes for **free** for the next two weeks, discount code SELFCARE
- [Vault Zine](#) - offering one **free** story with code TAKECARE at checkout
- [Oh You Pretty Things](#) - Filmmaker Gary Hustwit is streaming his documentaries free worldwide
- [Scribd](#) - offering **free** book downloads for first 30 days of subscription
- [Scribe](#) - offering a free book writing course
- [Affinity](#) - creative apps (similar to Photoshop, Illustrator, etc.) are completely free for three months

Wishing you and your families well from the entire JF&CS Team

Our Intake lines remain open for child welfare referrals, counselling inquiries, financial support (pending eligibility) and referrals to emergency support services. **416.638.7800 x6234**

A member from our Intake Team will return your call within 24 hours, please leave a safe and confidential number where we can call you back.

