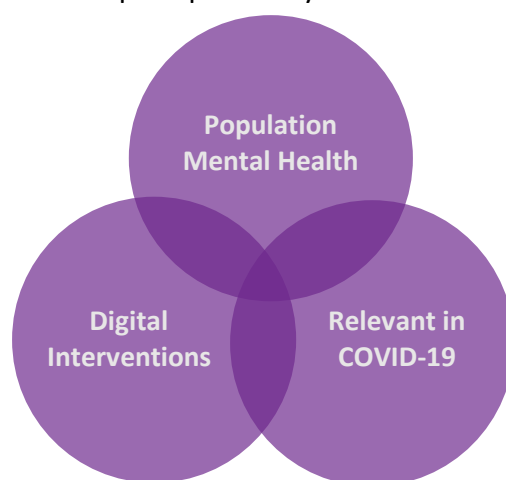


What is our study about?

Our study team has compiled a detailed list of digital resources and interventions (e.g. Mobile apps, websites, telemedicine, text services, etc.) that can help support the mental health and wellness of Canadians during and beyond the COVID-19 pandemic. These digital mental health interventions or resources are not meant as an alternative or replacement to accessing mental health treatment, but instead can be used to help prevent Canadians from getting to a critical condition and help them keep mentally well.

What is the Digital Mental Health resource list? How were resources selected?

A list of websites and mobile apps that our research team has compiled from searching academic articles, Google, mental health app libraries, and Android and iPhone app stores. We looked for digital/online mental health interventions, resources or tools that were developed specifically for the COVID-19 pandemic, had COVID-19 specific resources listed within them, or were offering a free subscription during this pandemic period. Some of the resources included within the list were also gathered from consultations with people with lived experience (PWLE), digital and mental health experts, and health care providers. The searches and consultations were conducted between June-October 2020.



From our searches, we included websites and mobile apps that had all of the following criteria:

- Relevant to the Canadian Context
- Developed to support population mental health and well-being
- Developed for COVID-19, contain specific reference to COVID-19 resources within the app, or offer a free subscription due to COVID-19
- Fell within [Mental Health Commission of Canada's technology types](#) and the [WHO Classification of Digital Interventions](#)

What information was compiled for websites and mobile apps?

Websites	Mobile Apps
<ul style="list-style-type: none"> • Website Name • Website URL / Link • Phone Number or Text Number • Description of the Website or Resource • Resource Type (e.g. Telemedicine, eBook, Peer Support, etc.) • Resource Focus (Mental Health & Wellness OR Substance Use Disorder) • Country/Province of Origin • Developer Type (Government/Non-Profit OR For-Profit) 	<ul style="list-style-type: none"> • App Name • App Website URL/ Link • Description of the App • Main Features of the App (e.g. Journaling, Mood Tracking, Peer Support, Sleep Therapy, Productivity, Interaction with a Chatbot, Physical Therapy, etc.) • Conditions Supported (e.g. Stress & Anxiety, Mood Disorders, Sleep, etc.) • Developer Type (Government/Non-Profit OR For-Profit)

<ul style="list-style-type: none"> • Population Focus (Youth, Senior, Indigenous, BIPOC, etc.) • Cost (Free, Subscription) • Available Languages (English, French, Spanish, etc.) • Supporting studies, literature and evidence 	<ul style="list-style-type: none"> • Cost (Free, In-App Purchase, Subscription) • Population Focus (Youth, Senior, Indigenous, BIPOC, etc.) • Privacy Specifications • Supporting studies, literature and evidence
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How were the Resources Evaluated?

Websites: Due to the large number of websites collected (and several websites acting as hubs with many additional resource links), the research team did not evaluate the websites included in the resource list. The [Mental Health Commission of Canada](#) has developed an easy to use evaluation tool checklist that enables users to conduct a self-evaluation of a digital resource they are interested in using. If you are interested in self-evaluating a website/resource [click here](#) to view and use the evaluation tool checklist (see page. 24).

Mobile Apps: We have evaluated mobile apps within our list using the [American Psychiatric Association \(APA\)’s framework \(and several prior ratings from the Beth Israel Deaconess Medical Centre Division of Digital Psychiatry\)](#). The goal of the APA evaluation model is not to rank or rate apps, but instead help people to determine an app's usefulness, security, and relevance.

Accessing the Resources:

Below are the links to our gallery of resources that can help support the mental health and wellness of Canadians during and beyond the COVID-19 pandemic. These links were created using [Airtable](#), an online database building tool. Airtable is best viewed on a desktop computer using google chrome. You can access Airtable on your mobile device as well through a web page or by downloading the Airtable app.

How to find what you are looking for?

Note: these features work best on a laptop or non-mobile device

- **Use the filter feature:** This feature allows you to find specific types of resources from our list.
 1. Click on the filter button on the top view bar to display the filter menu
 2. Click on the “add filter” button
 3. Beside the “Where”, you can update the field to customize the records you would like to see
 4. You can add multiple filters to combine the logic using “And” or “Or”
- **Use the sort feature:** This feature allows you to specify the order in which you would like to view the records. (e.g. A to Z by resource name, population focus, or country)
 1. Click on the sort button the top view bar
 2. Select the “pick a field to sort by” button to sort the records by preferred sort criteria
- **Use the search feature:** You can find a specific resource by name or typing out a feature.

If you are searching for a specific resource, or searching for a key term, type the resource name or key term into the search bar on the top view bar.

Viewing the Resource in More Detail:

If you would like to view a resource you may be interested in more detail, click on the resource tile to expand the selected resource. In this expanded view, you can see the full description of the resource and can select the external URL (website link) to view the resource homepage or download an app.

Want to View or Print the Resource Document as a PDF?

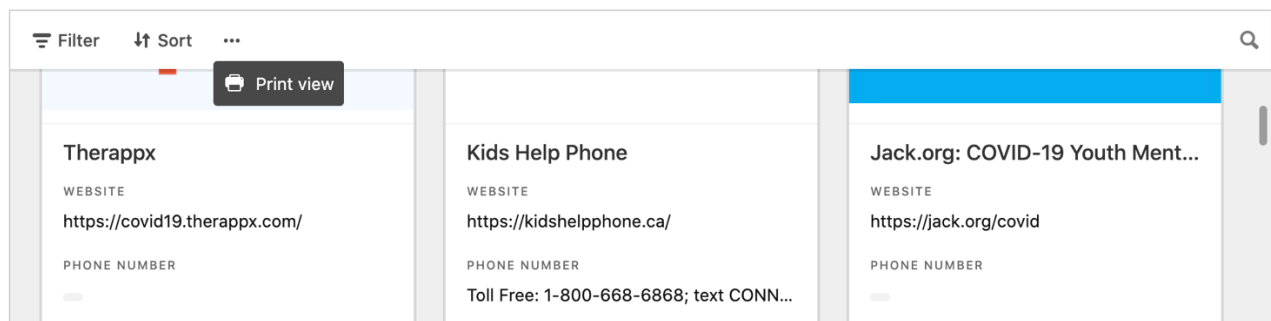
Do not have reliable access to internet? Want to print the resource document out?
Want to save and send the document as a PDF?

Follow these steps (also see picture below):

1. Click the “...” icon on the top view bar
2. Select the “print view” button
3. You will have the option to save the resource document as a PDF
4. Once saved as a PDF, you can print the resource document, email the PDF version, or save the PDF version on your computer.

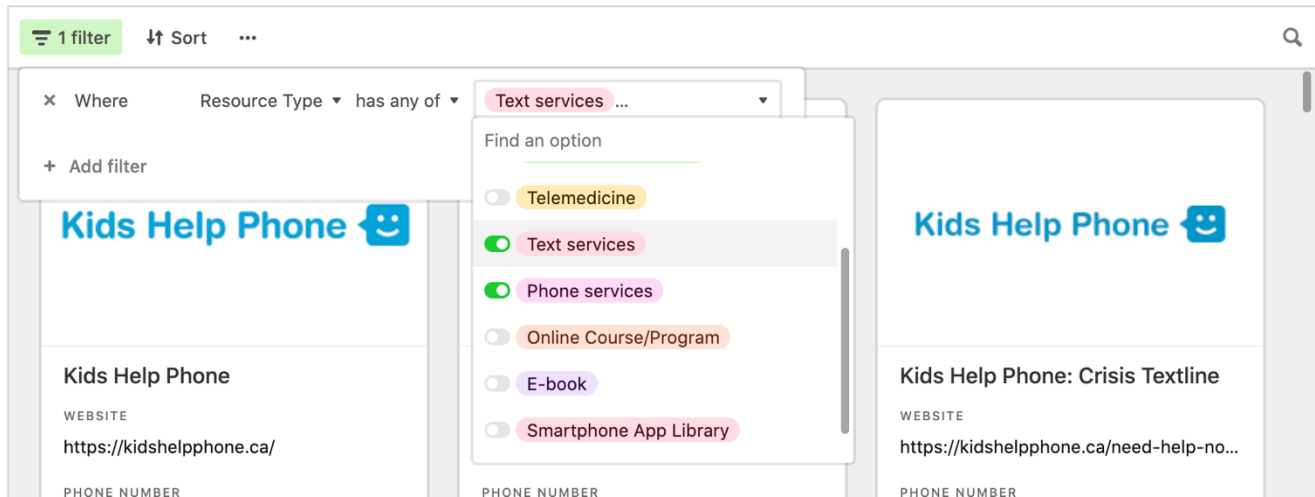
WEBSITES

Disclaimer: These resources are not sponsored, nor do we have any affiliation with them. As well, this document is not a comprehensive list of digital mental health resources. The resources were selected for inclusion based on strict inclusion criteria.



How to filter for only phone or text resources?

You can selectively filter our website resources that use low technology options such as phone calls or text resources by doing the following:



You can then print off these resources to give it to your family, loved ones, patient or anyone who does not have access to WIFI, data or a smartphone or laptop.

Technology Help

Are you a newcomer, senior or older adult who needs support in using technology or digital tools?

Connected Canadians is a non-profit organization of volunteers who are well-versed in using technology and digital solutions. Volunteers are paired with newcomers, seniors or older adults who need support in using technology and digital solutions. Volunteers work with newcomers and seniors to tackle technology challenges that arise when using new technologies and tools.

If you are interested in signing up for remote help with Connected Canadians: [Click here](#)

Resources to Support the Homeless Population

Our team has found resources to help support the homeless population in accessing the many digital mental health resources that are available. These resources include free phone and data plan programs, free community voice mailboxes, and free WIFI spots.

Phones & Data Plan Programs:

- [Telus Mobility for Good COVID-19 Emergency Response](#)
- [UHN Phone Connect](#)
- [Rogers Supporting Women in Crisis](#)
- [Frontline Connect](#)

Community Voice Mailboxes:

- [Metro Voicemail Project](#)
- [Parkdale Queen West Voice Mail Program](#)

Free WIFI Spots:

- [Shaw Go WIFI](#)

Questions, Comments Or Concerns

If you have any questions, comments or concerns about the digital mental health resource list, please contact **Lydia Sequeira** (Lydia.sequeira@camh.ca) or **Iman Kassam** (iman.kassam@camh.ca).

Study Team

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