

MENTAL HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL HEALTH

The COVID-19 pandemic presents complex and unprecedented challenges, impacting all parts of Canadian life: how we socialize, how we work, how we get our essentials, and how we maintain our overall health and well-being.

And while ensuring we take all recommended preventative measures to protect ourselves and others, it is important for all Canadians to maintain Good Mental Health in the midst of this pandemic.

So here are a few applications to download on your phone or tablet, to help all of us, children, youth, adults and seniors, achieve that goal and feel free.

For everyone during Covid-19 pandemic:

First, be informed through the Covid-19 alert app from the Canadian government:

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

Post traumatic stress disorder is a reality for many Canadians who have been traumatized by the Covid-19 pandemic, an app from veterans Affairs Canada that everyone can use:

<https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/ptsd-coach-canada>

Help when you need it and where you need it. Corporate, community and public sector join together to help Canadians:

<https://wellcan.ca/>

From the Canadian Association for Mental Health comes a free app for stress and anxiety during covid-19 pandemic:

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

Help with depression and/or anxiety:

From Anxiety Canada comes a free evidence-based mental health relief. Get the tools to tackle: worry, panic, perfectionism, social anxiety, phobias during these difficult times or anytime:

<https://www.anxietycanada.com/resources/mindshift-cbt/>

A free mental health learning and self-management mobile app for everyone, from Veterans Affairs Canada, :

<https://www.veterans.gc.ca/eng/resources/stay-connected/mobile-app/osi-connect>

For Youth:

All youth: <https://www.islandhealth.ca/learn-about-health/children-youth/mental-health-children-youth/boosterbuddy-mobile-app>

Students: <http://healthymindsapp.ca/>

For children:

An application recommended by the Hospital for Sick Children of Toronto to help cope with stress, anxiety and more.

<https://www.stopbreathethink.com/kids/>

Anytime, Anywhere Apps:

A free data driven mental health program for depression and anxiety:

<https://www.mooditude.app/>

A free, convenient and easy to use app if you feel sad or depressed:

<https://www.moodtools.org/>

Breathe2Relax app, get breathing exercises to relieve stress or anxiety for phone or tablet.
IOS for Iphone or Ipad:

<https://apps.apple.com/ca/app/breathe2relax/id425720246>

Android:

<https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en>

What's up? An app to help you cope with depression, anxiety, anger, stress and more!
Free app for phone or tablet utilising some of the best CBT (cognitive behavioural therapy) and ACT (acceptance commitment therapy) methods.

IOS for Iphone or Ipad:

<https://apps.apple.com/ca/app/whats-up-a-mental-health-app/id968251160>

Android:

[https://play.google.com/store/apps/details?
id=com.jacksontempira.apps.whatsup&hl=en_ca](https://play.google.com/store/apps/details?id=com.jacksontempira.apps.whatsup&hl=en_ca)