

Some helpful and free/low-cost mental health resources to cope with COVID-19.

Mindfulness & Meditation

[Headspace](#) is offering free meditations for COVID19 for everyone

[Calm.com](#) is offering free meditations

[Sue Hutton Mindfulness](#) - Free online mindfulness events amidst COVID19 - every Friday 7-8PM (EST) via Zoom (*link goes to Facebook event page for more details*)

[Centre for Mindfulness Studies](#) supporting our community during the Covid-19 by providing free and pay-what-you-can offerings **new**

[Inkblot Meditation](#) live fully-guided video sessions. No experience is required. These sessions are completely free (for a limited time) **new**

Online talk and text therapy

[Big White Wall](#) - is a free, online mental health and wellbeing service that helps people who are dealing with everyday stressors or major life events. Available 24/7/365

[7 Cups](#) connects you to caring listeners for free emotional support 24/7; or be a listener for others

[Talkspace](#) is offering \$65 off with code APPLY65

[Warm Line](#) peer support - Chat online, text or call a peer support worker. 8PM - midnight, every night; or text 647-557-5882 or call 416-960-WARM (9276)

[Text4Hope](#) – a free service providing three months of daily Cognitive Behavioural Therapy (CBT)–based text messages written by mental health therapists -- **Text COVID19HOPE to 393939** (Canada only)

Free and self guided programs

This is a digital mental health program to help manage stress and anxiety specifically around COVID-19

<https://info.starlingminds.com/covid19-free-mental-health>

Tolerance for Uncertainty a COVID-19 workbook <https://www.baypsychology.ca/workshops>

[Stronger Minds by BEACON](#) is a free digital program for all Canadians – to support your mental well-being through the COVID-19 crisis, and will be available for all Canadians starting Monday April 6th **new**