

Resources for Low Mood and Anxiety

Lifestyle

Nutrition

Nutrition for breakfast, lunch and dinner; and try to eat more fruit and vegetables and less unhealthy food.

- HFHT Webinar: Food and Mood
<https://youtu.be/ELO-LaDrzJY>

- [PlantRx](#)

Exercise

Try to stand up, move around, and use your muscles. Increase your heart rate at least 30 min every day.

- [ParkRx](#)

- Breathing and moving for stress (YouTube Playlist)
https://youtube.com/playlist?list=PLZmyjEbLdORWzUeOD_z2An2IH8UGywxpO

Sleep

Aim for 8-10 hours of sleep each night. Try to go to bed at and wake up at the same time every day.

- [My Sleep Well](#)

- HFHT CBTi workshop
<https://www.hamiltonfht.ca/en/groups-workshops/sleep-issues.aspx>

- [CBT-i Coach App](#)

Self-Directed

Online

- [Anxiety Canada](#)
Evidence-based resources for anxiety for children, youth and adults.
Pregnancy and post partum resources

- [Mindshift App](#)
Build skills for managing anxiety and depression
Strategies based on cognitive behavioural therapy

- [Insight Timer](#)
>100k database of guided meditations

- [TogetherAll](#)
Anonymous online community of support
Available to post-secondary students

Books

- Mind Over Mood: Change how you feel by changing the way you think, 2nd edition (2016)
Dennis Greenberger & Christine A. Padesky
- The Anxiety and Phobia Workbook, 7th edition (2020)
Edmund J. Bourne, PhD. (includes a link to worksheets, handouts, meditations and podcasts)

Counselling

- HFHT What is Counselling? <https://youtu.be/EzqVxdksy9o>

- HFHT Mental Health Webinars (YouTube Playlist)
<https://www.youtube.com/playlist?list=PLPuiDBMq7GcUJGzoghKTq3BDdLm0aHW3R>
Pre-recorded videos led by HFHT Mental Health Counsellors on a variety of topics
For example: Skills to reduce anxiety

- [BounceBack](#)
Guided self-help for people with mild to moderate anxiety and depression
Phone option 1-888-345-0224

- [Mind Beacon](#)
Therapist guided program based on CBT
Skills building approach to therapy

- Employee Assistance Programs (EAP)
Voluntary confidential service offered through some employers

- Find a local counsellor <https://inkblottherapy.com/>
or <https://www.psychologytoday.com/ca>

Specific Populations

Youth

- [Children's Mental Health Ontario](#)
Web-based collection of resources for kids and parents
- [Good2Talk](#)
Phone support service for post-secondary students
1-866-925-5454

Indigenous

Mental health counselling and crisis intervention

- [Hope For Wellness:](#) 1-855-242-3310

- [Talk4Healing:](#) 1-855-554-HEAL

LGBT

- HFHT website for crisis support as well as a list of services and groups in the Hamilton area

<https://www.hamiltonfht.ca/en/managing-my-health/LGBTQ.aspx#>

- [LGBT Youthline:](#) 647-694-4275

- Other**

ACUTE CRISIS

- [COAST \(Crisis Outreach and Support Team\)](#)
24-Hour Crisis Line: 905-972-8338
Toll free: 1-844-972-8338

- [Barrett Centre for Mental Health Crisis Support](#)
24-Hour Crisis Line: 905-529-7878
Toll free: 1-844-777-3571