

Repairing Trust & Empowering Positive Change Together

Resources for Family Caregiver and Staff Well-being (Hyperlinked)

- **Ontario Caregiver Organization - Support for Caregivers**
 - 24/7 helpline, peer support, online group and individual counselling and more for caregivers
- **Petro Canada CareMakers Foundation**
 - eLearning Modules for caregivers and those who support them
- **Connex Ontario**
 - 24/7 information on mental health and addiction services
- **Ontario 211**
 - 24/7 helpline for community and social services in over 150 languages
- **Resources for Health Care Workers During COVID-19 (CAMH)**
 - Free mental health and addictions support for health care workers and self-care tools
- **ECHO Coping with COVID-19 for Health Care Providers**