

Waterloo Wellington Grief, Mental Health and Addiction Services for Healthcare Workers

We want to be there for YOU

Reach out and let us take care of you!

We are so grateful for you and the work you are doing to take care of others. Everyone is being impacted by this pandemic and being on the frontlines means taking on so much more. We hope this quick reference sheet will make it easier for you to connect with us.

**Are you experiencing sadness or grief during these stressful times of COVID-19?
Is someone you care about dying, or has someone recently died?**

Grief and loss looks and feels different to each person. It can affect your emotions, thoughts, behaviors, and physical body in many ways.

Emotions: you may feel sadness, anger, guilt, shock, numbness, fatigue among many other feelings

Thoughts: you might carry a sense of disbelief, find yourself being forgetful or experiencing intrusive thoughts

Behaviors: you may find yourself withdrawing, crying, becoming restless or experiencing changes in how you sleep or eat

Body: you may sense a hollowness in your stomach or a tightness in your chest or throat as examples



Grief and Bereavement Supports for Health Care Providers

A 10-Part Series of online sessions to discuss emotional, spiritual, and compassionate care regarding COVID-19 for healthcare providers.



Downloadable contact and program information for counselling agencies, funeral homes providing bereavement support, Hospice community bereavement programs, private therapists, and support groups

Grief & Loss/Bereavement Supports for Waterloo-Wellington

(Note: please scroll to the bottom of the page)



Grief, Dying, and Death During a Pandemic

A webpage hosting information and links to resource related to grief, dying and death



Online 30-minute drop-in mindfulness sessions for healthcare providers facilitated by Ontario psychiatrists and psychologists



Ontario **virtual educational** sessions for healthcare providers and health professionals to share and learn about ways to build resilience and overall wellness through didactic lectures and case-based discussions



Mygrief.ca is an online resource to assist individuals and professionals to understand and work through grief.



A free **digital therapy** service for stress and mental wellbeing concerns during COVID-19.

The BEACON service includes **customized support for frontline health workers**



Canadian Psychological Association (CPA) - Psychologists on the list will respond within 24hours to requests from healthcare workers and provide services at no charge

Although you continue to show up for others every day, coping with the anxiety, stress, isolation, exhaustion and fear can start to wear away at your own wellbeing.

Here are a few things for you to watch out for:

- Wanting to withdraw or isolate
- Changes in eating, sleeping
- Difficulty concentrating
- Increased use of drugs/ alcohol or gambling, shopping
- Feeling overwhelmed, alone, frightened and / or confused
- Fear, anxiety, panic attacks
- Belief that there is no hope
- Having thoughts of suicide

1 844 437 3247
(HERE247)
Call anytime to access Addictions, Mental Health & Crisis Services
Waterloo-Wellington

If you have concerns we hope you'll reach out. **WE'RE HERE 24/7.**

Here 24/7 and its service partners comply with Ontario's health privacy standards. Full details can be found at [Here247.ca/privacy](https://www.here247.ca/privacy).

Addictions, Mental Health & Crisis Services

You are not alone. Please reach out. [We are here for you 24/7](https://www.here247.ca)



Offering a variety of counselling options.
Call: 519-743-6333



Variety of counselling options.
Call: 519-824-2431

Family Doctor



Offering specialized inpatient and outpatient mental health and addiction programs.
Call: 1-844-849-8284



Mental Health and Substance Use Support

Free 24/7 mental health and substance use support, resources and counselling

Many family physician's, practices and teams offer wellness, mental health and addiction supports. Reach out to your physician to see how they can help you.

Please note, there are other services not listed on this page that may better suit your individual needs.

If you require additional assistance finding resources, please contact 1-844-437-3247

For more information and resources available from each organization, please click their logos.