

TO: Mental Health & Addictions Leadership
FROM: Dr. Amanda Hudson, PhD, Programming Lead
Tina Lowther, Business Manager
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SUBJECT: Online Mental Health & Addictions Resources Update

MindWellU

The Government of Prince Edward Island and Health PEI have partnered with MindWell-U, a Canadian healthtech firm, to offer FREE mindfulness training to Islanders. The 30 Day Mindfulness Challenge is unique because it teaches 'mindfulness-in-action' so busy people can become more present and engaged with whatever it is they're doing. Everyone who registers for the Challenge gets to invite a buddy to take the training with them. Although this is part of our normal operations planning - not a specific Covid-19 response measure, is it a very timely training tool for these anxious times. You can find out more about MindWellU and how to participate here:

<https://www.bridgethegapp.ca/adult/online-programs/>

<https://app.mindwellu.com/PEI>

Online Covid-19 Mental Health Program

Program is free of charge and confidential, and would be accessible to anyone with a Smartphone or computer/tablet with internet. The program is available to staff and to clients/ the public.

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

The online Covid-19 mental health program is intended to help people:

- Understand how uncertainty and disruption can increase stress/anxiety
- Set healthy boundaries to manage the stream of Covid-19 information
- Create realistic goals to keep lives on track during the pandemic
- Learn about strategies and tools to manage worrisome thoughts
- Connect with a supportive, confidential online community for peer support (only anonymous IDs are presented in the online community comments, no names are shared). Starling monitors the comments for appropriateness and anything that would indicate risk.

Content is grounded in CBT (i.e., assessing and restructuring worrisome thoughts; behavioral strategies for limiting exposure to content; strategies for setting and achieving goals during the pandemic).

Stress Control Youtube Livestreaming

Stress Control (six sessions of evidence-based CBT programming) is being livestreamed for free on youtube at set times. Each session is about 90 minutes. This is intended to be a population level approach to reducing stress and promoting wellbeing. The first video will air Monday, April 13.

- Mondays – 10 AM AST and repeated at 4:30 PM AST
- Thursdays - 10 AM AST and repeated at 4:30 PM AST

Supplementary materials from the Stress Control website - free zone (links below).

https://www.youtube.com/playlist?list=PL_BKErJ_jISQHKFtHPCRmEctDtcNCCowB

<https://stresscontrol.org/free-zone/>

We encourage you to share this information with your teams and clients as appropriate. We are also sending this information through our official communication channels and hope to have a public announcement on it soon.

Contacts:

Dr. Amanda Hudson
Programming Lead
<mailto:ahudson@ihis.org>

Tina Lowther
Business Manager
<mailto:TLOWTHER@ihis.org>