



Supports Available to You and Your Family Member/Partner-in-Care

The information on COVID-19 is changing from day to day. Resources and supports available to you may also change. This list is for your information only. The Durham Regional Cancer Centre/Lakeridge Health does not represent or support any organization or individual on this list.

You may have many different feelings right now. This may include: sadness, frustration, fear and/or confusion. This is normal. You may need to cope in different ways because of social distancing and self-isolation. You can learn to manage your feelings to help you cope.

You may want to have a plan in place should you or your family member/partner-in-care need to self-isolate or become ill. This includes talking to your family doctor and other physicians.

For up-to-date and credible information on COVID-19, please go to the following websites:

Ontario Health www.ontario.ca

Public Health Ontario www.publichealthontario.ca

Government of Canada www.canada.ca

Cancer Supports

Canadian Association of Psychosocial Oncology: Start the Talk

This resource provides information to support you and your family members/partners-in-care on how to talk to children and teens when a family member has cancer.

Website: www.startthetalk.ca

Canadian Cancer Society's Peer Match Program

If you have been diagnosed with cancer or you are caring for someone with cancer, you can speak over the phone with a volunteer. Volunteers are specially trained cancer survivors or caregivers with a wide range of cancer experiences and life stories. They can share insights and ideas for coping during your cancer experience.

Call 1-888-939-3333

Website: www.match.cancer.ca

Canadian Cancer Society's Cancer Connection

An online support group helping people who have cancer, cancer survivors and caregivers share experiences and build supportive relationships. Information on cancer and COVID-19 is also available on this website.

Website: www.cancerconnection.ca

CancerChat Canada

CancerChat Canada offers free, professionally-led online support groups for you and your family members/partners-in-care.

Website: www.cancerchat.desouzainstitute.com

Cancer.net

This website offers easy-to-use tools to help you plan and manage your care. A mobile app is also available on the Apple App Store or in Google Play.

Website: www.cancer.net

Durham Regional Cancer Centre

The social workers at the Durham Regional Cancer Centre created handouts to offer you information on relaxation exercises. You can find these handouts on the Cancer Care pages of the Lakeridge Health website. You can talk with a Social Worker over the telephone for support about your cancer diagnosis and concerns.

Call: 1-866-338-1778 or 905-576-8711 at extension 33282.

Website: www.lakeridgehealth.on.ca/en/ourservices/Patient-Education-Materials.asp

If you identify as having First Nation, Inuit and Metis ancestry or heritage, the Indigenous Navigator at the Durham Regional Cancer Centre offers cultural and emotional support over the telephone. Call: 1-866-338-1778 or 905-576-8711 at extension 32554.

Hearth Place Cancer Support Centre

Hearth Place Cancer Support Centre offers you and your family member/partner-in-care one to one support. Currently this is done over the phone. All group programs and support groups are on hold at the current time.

Call: 905-579-4833 to confirm hours the centre is open.

Website: www.hearthplace.org or email stephanie@hearthplace.org

Rethink Young Women's Network

Rethink Young Women's Network (RYWN) is an online community of young women that have personal experiences with breast cancer at any stage. It is a place you can get support, have questions answered and engage in meaningful conversations with other women.

Call: 416-220-0700

Website: www.rethinkbreastcancer.com

Wellspring Cancer Support Centre

Wellspring offers programs online and over the telephone. All in person programs and support groups are on hold at the current time.

Call: 1-877-499-9904

Website: www.wellspring.ca

Young Adult Cancer Canada (YACC)

Young Adult Cancer Canada (YACC) provides support services to young adults affected by cancer. YACC also offers services to young adult family members/partners-in-care. They offer online support that includes a private Facebook group.

Call: 1-877-571-7325

Website: www.youngadultcancer.ca

Email: connect@youngadultcancer.ca

Mental Health Supports

Big White Wall

An online peer-to-peer support community for your mental health. This site is moderated 24 hours a day/7days a week by trained practitioners who facilitate the process of people helping people in an online environment.

Website: www.bigwhitewall.com

BounceBack®

With BounceBack® you can learn skills through online videos and telephone coaching to help manage symptoms of mild to moderate depression and anxiety. The program is free and available in multiple languages.

Website: www.bouncebackontario.ca

Canadian Mental Health Association – Durham Region Branch

Canadian Mental Health Association Durham offers community mental health services to residents of the Durham Region. You can find information on the website to help manage your mental health during the COVID-19 pandemic. The Canadian Mental Health Association has a handout on talking to children about COVID-19 that can be found at: www.camh.ca/covid19

Call 905-436-8760, Monday-Friday from 9 am to 12pm and 1 to 3 pm.

Website: www.cmhadurham.ca

Canadian Psychological Association

On this website you will find fact sheets on coping during the COVID-19 pandemic.

Website: www.cpa.ca

Connex Ontario

ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. You can call this service 7 days a week/24 hours a day. It is confidential and free. You can message or request an online chat. Information about this is available on the website.

Call: 1-866-531-2600

Website: www.connexontario.ca

Distress Centre of Durham

The Distress Centre of Durham offers a 24 hour crisis phone line: 1-800-452-0688.

Website: www.distresscentredurham.com

Durham Mental Health Services

Durham Mental Health Services offers a 24 hour crisis phone line: 1-800-742-1890.

Website: www.dmhs.ca

Moodgym

Moodgym is an interactive online self-help book which helps you learn and practice skills to help prevent and manage symptoms of depression and anxiety.

Website: www.moodgym.com.au

Mental Health Apps

These apps are available on the Apple App Store or in Google Play. All of these apps are free. There may be a cost for some of the services available in the app.

Breathe app

Use the Breathe app to learn and practice 4-7-8 breathing exercises. It can help you go to sleep and reduce your stress/anxiety.

Calm app

With the Calm app, you can learn to meditate quickly and easily. You can use this app to help reduce stress and improve your focus.

Website: www.calm.com

MindShift app

The MindShift app can help young adults cope with stress and anxiety. It offers a list of anxiety symptoms and strategies to manage worry, panic, conflict and anxiety.

One-Moment Meditation app

With the One-Moment Meditation (OMM) app, you can learn to meditate quickly and easily. You can use the OMM app to help reduce stress and improve your focus.

Relax Melodies app

The Relax Melodies app can help you fall asleep in minutes with relaxing sounds, sleep meditations and bedtime stories.

Scarborough Health Network Mental Health App Library

This website offers 18 free apps designed to help improve your mental health.

Website: www.shn.ca/mental-health/mental-health-app-library

Smiling Mind app

The Smiling Mind app can help you practice daily meditation and mindfulness exercises.

Take a Breath app

The Take a Breath app can help you relax. This app includes calming music and plenty of proverbs and quotes to help you change your mood.

Three Good Things App

Research shows that if you write down three good things that happen to you every day, your happiness and positivity increase. The Three Good Things app allows you to journal three good things each day.

UCLA Health Mindfulness App

The UCLA Health Mindfulness app helps you practice mindfulness meditation.

Using technology to communicate with others

To communicate and stay connected with your family and friends during self-isolation, you may want to consider one of these options:

1. Skype www.skype.com
2. Facetime with your iphone, ipad or or ipod touch.
3. Whats app www.whatsapp.com
4. Google duo www.duogoogle.com
5. Facebook video calling www.facebook.com
6. Zoom www.zoom.us

Caregiver Support: for your family members/partners-in-care

Canadian Caregiver Network

An online community dedicated to bringing caregivers together to share their experiences with other caregivers and a network of professionals.

Website: www.thecaregivernetwork.ca

Care Mongers COVID19

If you live in the Durham Region and need help or are isolated during the pandemic, volunteers can help you get the supplies you need.

Call 1-888-573-0982

Ontario Caregiver Organization

The Ontario Caregiver Organization allows you to connect with others in a peer support group to share your caregiving experiences, challenges and solutions. A live chat is available Monday to Friday from 7 am to 9 pm on the website. On this website you will find some helpful handouts on managing caregiving during the COVID-19 pandemic.

Ontario Caregiver Helpline: 1-833-416-2273

Website: www.ontariocaregiver.ca

Last reviewed: March 2020