

# Virtual Care for Mental Health & Addictions During the COVID-19 Pandemic

## Accessible Directly by Patients

### iCBT



Internet-based cognitive behavioral therapy (iCBT) to address symptoms of mild to moderate anxiety and depression. Available for frontline health care workers and the public.

#### Registration – Free for Ontarians

[AbilitiCBT](#)

[MindBeacon](#)

For Youth 16+ and Adults – English and French

### Ontario Virtual Care Clinic

Free online service that provides access to a family doctor for non-COVID-19 related issues during the crisis.

Intended for people who don't have a physician or cannot access their own.

#### Covered by OHIP

[SeeTheDoctor.ca](#)

Available in English and French

### Additional Resources



[Kids Help Phone](#)



Mental Health and Substance Use Support

[Ontario MH&A Support](#)

All Available in English and French

## Referral from Provider Required

### Clinical MH&A Consults



Providers registered on the OTNhub can offer virtual MH&A services directly to patients or refer them to someone who can help.

#### Health Care Organization Registration

[Sign-Up Link](#)

Can be Used by English and French Organizations

### Child and Youth TeleMental Health



Telepsychiatry by allied health providers for children, youth, and their families, in remote and rural communities using PCVC OTNInvite.

#### Accessing TeleMental Health

[Referral Form](#)

Available in English and French

### Virtual Care for Substance Use Disorder (also accessible directly by patients)

Solutions that assist with early intervention, prevention, and rehab, using electronic behavior management.



[FeelingBetterNow](#)



[Learn More](#)

For Youth 16+ and Adults – English and French