

## Diabetes Management and Mental Health

### RESOURCE PAGE

- Talk to your **Diabetes Team** to connect you to appropriate resources
- Visit **Diabetes Canada:** [www.diabetes.ca](http://www.diabetes.ca)
  - Ontario Peer Connect Series: Type 1 & Type 2 - Diabetes Canada
- System Navigation:
  - **ConnexOntario**
    - Visit [www.connexontario.ca](http://www.connexontario.ca) or call (1-866-531-2600)
    - provides free & confidential health services information for people experiencing problems with alcohol & drugs, mental illness or gambling
  - **Ontario 211** (dial 2-1-1 or visit [www.211ontario.ca](http://www.211ontario.ca))
    - **211** is a helpline and online database of Ontario's community and social services
- Mental Health Supports/Programs
  - **Bounce Back Ontario**
    - Visit <https://bouncebackontario.ca> or call 1-866-345-0224
    - free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
  - **Northumberland Hills Community Mental Health Services/Walk-In Counselling:**
    - 1011 Elgin Street West, Suite 200, Cobourg, ON
    - Tuesday 8am-4pm & Thursday 10am-6pm
    - T: 905-377-9891 1-888-294-7579 (office) T: 905-377-7784 (phone support line)  
<https://nhh.ca/walk-in-counselling>
  - **Four County Crisis** – crisis line for support over the phone (705-745-6484)
- Apps & Websites
  - **Headspace, Insight Timer, HealthyMinds** (apps)
    - Meditation and mindfulness program– guided meditations, progress tracking
  - **MindShift-CBT**
    - MindShift™ CBT uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.
  - **CAMH: Managing your stress & anxiety during COVID-19** (app)
  - **Anxiety Canada** (website- <https://anxietycanada.com>) – free anxiety resources, CBT groups
  - **TogetherAll** (Big white wall) (website- <https://togetherall.com>)
    - Online peer-to-peer support community for mental health – forums, self-help courses, self-assessments, tools – journal, goal setter
  - **PC Health** App (recommended by Diabetes Canada)
    - Program library, including chronic care (diabetes), general wellbeing, nutrition, fitness, mental health and Live chat with nurse/dietician

