

MEMO

To: All Staff
From: Senior Leadership Team
Date: April 14, 2020
Subject: Ontario COVID-19 Mental Health Network

Hello everyone,

As Direct Support Professionals and workers who are considered essential during this pandemic, it is only natural for all of us to require additional emotional and mental health support. For some of us, the best way to get that support may come from family, friends, co-workers or existing networks. For others, talking privately with a confidential, qualified professional could make a world of difference. The truth is that all of us need support from others, especially now. We are all in this together.

The **Ontario COVID-19 Mental Health Network** is a network of Ontario-based mental health professionals (licenced therapists) who have volunteered to provide their service during the pandemic to “front-line” medical professional, including Direct Support Professionals and employees from Ontario Developmental Service Agencies like ours.

This **free** service is a temporary measure where those requesting support get connected with one-on-one teletherapy. Those who register can choose whether they would like to speak with a male or female therapist, and they are offered three options to choose from. The number of sessions may be up to five but could be negotiated between those seeking support and those providing it.

This opportunity is not arranged by Community Living Windsor, meaning that we do not know who accesses the service; it simply exists for your benefit and could be a great way to talk about how you’re experiencing this crisis.

On behalf of the senior leadership team, we truly hope that this helps to give you another avenue to seek assistance. Asking for support is healthy, absolutely warranted, and completely normal.

You can request support from the Ontario COVID-19 Mental Health Network here:
<https://covid19therapists.com/request-support/>

*Note that we have been in contact with the leads in this network and confirmed that DSPs are eligible. Please check “yes” to the question: “Are you currently involved in providing healthcare related to COVID-19.”

Thank you everyone; please stay safe and be well,

Mel, Jenn, Brian, Jeremy, Nicole, & Brandon