

WELLNESS RESOURCES

TAKING CARE DURING COVID-19

“Look for something positive in each day, even if some days you have to look a little harder.”

(RecoveryExperts.com)

PEEL LAW ASSOCIATION

The information provided on this page is to assist Members of our association with sources of support during COVID-19.

This list is not exhaustive but the information provided is from reliable and easily accessible sources. These resources offer assistance to support mental health, addiction and wellness as we adapt to this challenging time under new working conditions.

The PLA Board and Staff hope everyone in our community and their families are staying safe and doing everything they can to be well during this pandemic.

Take good care!



NATIONAL COMMUNITY RESOURCES

[Law Society of Ontario – Member Assistance Program \(MAP\)](#)

[The Centre for Addiction and Mental Health \(CAMH\)](#)

[BELL Let's Talk](#)

[Kids Help Phone](#)

[Government of Canada](#)

[Government of Ontario](#)

PEEL Mental Health & Community Resources

[Canadian Mental Health Association \(CMHA\) – Peel Dufferin Branch](#)

[CMHA Peel Quick Guide – Mental Health & Addiction Resources](#)

[Peel Addiction Assessment and Referral Centre \(PAARC\)](#)

[WhereToStart.ca](#) Access to Mental Health Services for Children and Youth

[William Osler Health System](#)

[COVID-19 Chart – Quick Reference Guide](#)

ARTICLES OF INTEREST...

[COVID-19: How to cope with social distancing and working from home](#)

(MyWorkplaceHealth.com | Posted: March 24, 2020)

[Tips to Lead Through Change: Lessons in Inclusion Through COVID-19](#)

(MyWorkplaceHealth.com | Posted: March 24, 2020)

[COVID-19: It's OK to Feel Overwhelmed and Be Unproductive](#)

(PsychologyToday.com/ca | Susan Biali Haas, M.D. | Posted: March 25, 2020)