



## RESOURCES FOR ANXIETY, LOW MOOD & DEPRESSION

### APPS on your phone (available at the Apple Store)

Mindshift CBT App – App for anxiety offering coping strategies & mindfulness

SAM – Self-help App for the Mind

What's Up? – CBT App for anxiety, depression, anger, poor self-esteem & low mood

### OHIP-Funded Programs

Tele-CBT – Confidential on-line counselling  
– at 416-777-9933 or <https://telecbt.ca/>

CAMH – Ontario Structured Psychotherapy Program  
– 12 weeks of CBT for mild to moderate depression & anxiety  
– at 416-535-8501 or <https://www.camh.ca/en/your-care/programs-and-services/ontario-structured-psychotherapy-osp-program>

Mind Relief – Weekly video therapy sessions with a psychiatrist  
– at 647-797-2190 or <https://www.mindrelief.ca/for-patients>

Bounce Back – Coaching for skills to improve mental health in 6 telephone sessions  
– at 1-866-345-0224 or <https://bouncebackontario.ca/>

### Books

Mind Over Mood

[https://www.amazon.ca/Mind-Over-Mood-Second-Changing/dp/1462520421/ref=sr\\_1\\_1?keywords=Mind+Over+Mood&qid=1670548413&sr=8-1](https://www.amazon.ca/Mind-Over-Mood-Second-Changing/dp/1462520421/ref=sr_1_1?keywords=Mind+Over+Mood&qid=1670548413&sr=8-1)

Think You're Crazy, Think Again

[https://www.amazon.ca/Think-Youre-Crazy-Again-Cognitive/dp/158391837X/ref=sr\\_1\\_1?crid=1PA3FWVKZ6C1A&keywords=Think+You%E2%80%99re+Crazy%2C+Think+Again&qid=1670548485&srefix=think+you+re+crazy%2C+think+again%2Caps%2C99&sr=8-1](https://www.amazon.ca/Think-Youre-Crazy-Again-Cognitive/dp/158391837X/ref=sr_1_1?crid=1PA3FWVKZ6C1A&keywords=Think+You%E2%80%99re+Crazy%2C+Think+Again&qid=1670548485&srefix=think+you+re+crazy%2C+think+again%2Caps%2C99&sr=8-1)

The Anxiety and Worry Workbook

[https://www.amazon.ca/Anxiety-Worry-Workbook-Cognitive-Behavioral/dp/160623918X/ref=sr\\_1\\_1?crid=3O8H9S30OZQ5H&keywords=The+Anxiety+and+Worry+Workbook&qid=1670548520&srefix=the+anxiety+and+worry+workbook%2Caps%2C126&sr=8-1&asin=160623918X&revisionId=&format=4&depth=1](https://www.amazon.ca/Anxiety-Worry-Workbook-Cognitive-Behavioral/dp/160623918X/ref=sr_1_1?crid=3O8H9S30OZQ5H&keywords=The+Anxiety+and+Worry+Workbook&qid=1670548520&srefix=the+anxiety+and+worry+workbook%2Caps%2C126&sr=8-1&asin=160623918X&revisionId=&format=4&depth=1)