

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

## Accessible Directly by Patients

### Togetherall



Online peer support and self-management tool for people experiencing symptoms of mild to moderate depression and anxiety.

Increase in activity during the pandemic in Ontario (Jan & Feb vs. Mar & Apr 2020)

↑120%	↑81%	↑54%
Member Registrations	Member Engagement	Member Logins

Registration – Free for Ontarians

[togetherall.com](https://togetherall.com)

For Youth 16+ and Adults – Available in English

### 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, as well as at:

9 Campuses College and University	4 Hospital Hubs CAMH, Ontario Shores, Waypoint, The Royal
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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](https://SeeTheDoctor.ca)

Available in English and French

### Additional Resources



Kids Help Phone



[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.

Utilization of direct to patient MH&A Consults via OTNhub (Apr 2019 – Feb 2020)

413,573 Visits From All Users/Orgs	70 Orgs Make up 80% of All Activity
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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.

Patients are to be referred by providers to the 3 hubs: SickKids, CHEO, CPRI

63 Sites Providing access to TeleMental Health	↑47% PCVC usage since 2017
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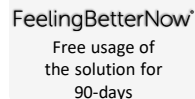
Accessing TeleMental Health

[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. Providers can contact the vendors to activate special offers for patients during the pandemic:



[Learn More and Contact Vendors](#)

For Youth 16+ and Adults – English and French

Breaking Free in Ontario (Apr 17 – May 27, 2020)

308 +  
Patient Activations  
86%  
User Retention  
51%  
After-Hours Activity