

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

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
--------------------------------------	--

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

Available in English

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

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

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:

BREAKING FREE
Free registration until July 31st for 1 year of access

FeelingBetterNow
Free usage of the solution for 90 days

wagon
Online programs & support groups for frontline workers

[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

This is a summary of the COVID-19 virtual care offerings that Ontario Health (OTN) is currently supporting. There are other initiatives supported by various MH&A organizations in Ontario. For more information, please email info@otn.ca.