

## Future Ready Initiative: Mental Health Resources

Life may not come with a map, but everyone will experience twists and turns, from everyday challenges to traumatic events with more lasting impact, like the death of a loved one, a life-altering accident, or a serious illness. Each change affects people differently, bringing a unique flood of thoughts, strong emotions and uncertainty. Yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to resilience.

Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors. As much as resilience involves “bouncing back” from these difficult experiences, it can also involve profound personal growth.” - *American Psychological Association*, [www.apa.org/topics/resilience](http://www.apa.org/topics/resilience).





These days, the Jamat is facing greater challenges of life due to the COVID-19 pandemic. This can affect people’s social, mental, physical and emotional well-being in many ways, and can also cause new or growing feelings of helplessness and anxiety. The ability to be resilient, and learn new coping skills will help Jamati members survive and thrive during these tough times. As #OneJamat, we can also support each other when our friends, family and community members might be struggling.







Here is a list of carefully selected training programs and resources that can help build resilience and improve our individual mental health. Although divided into age-specific sections in this resource, you may find courses relevant to your needs in any section.




Menu of Programs ★ = recommended		
Section One	For Adults	Ages 25-60
Section Two	For Youth	Ages 0-25
Section Three	For Older Adults/Seniors	Ages 60+
Section Four	For Institutional Leaders	







Photo by Alysha Rosly on Unsplash



Section One		For Adults (25-60):		
What would you like to do?	How much time do you have?	Consider these options:	What you will learn:	What you need:
<a href="#">Learn the Basics of Resilience</a>	I have <5 hours.	 Watch this webinar series on <a href="#">Building Resilience and Feeling Happier – Coping with Crises Using CBT</a> ★	This is a series of four webinars based on cognitive behavioural therapy (CBT) designed to help you cope with stressful situations such as the COVID-19 pandemic. You will learn: <ul style="list-style-type: none"> <li>To be aware of your thought patterns and associated emotions</li> <li>What you can and cannot control</li> <li>Concepts of mindfulness, gratitude, and self-compassion</li> <li>Other types of self-care</li> </ul>	- <i>Internet connection with audio</i>
<a href="#">Build Resilience</a>	I have <5 hours.	 Complete this online course on Coursera: <a href="#">Mind control - Managing your mental health during COVID-19</a>	This course will give you a deeper understanding of the anxiety reaction, as it relates to our day-to-day lives. You will learn: <ul style="list-style-type: none"> <li>Clear strategies for managing and “turning off” anxiety responses</li> <li>How your brain reacts to crises</li> <li>Tools for managing crises</li> </ul>	- <i>Internet connection with audio</i>
		Complete one (or more!) of the <a href="#">CMHA Recovery College Courses</a> ★  	A practical and empowering environment where adults can learn about mental health and well-being. You will learn: <ul style="list-style-type: none"> <li>Your personal journey to improved mental health</li> <li>How to better support someone else struggling with their mental health</li> <li>Skills towards enhanced self-care</li> <li>To develop more confidence in facing life’s challenges</li> </ul>	- <i>Internet connection with audio</i> - <i>Preferably access to mic and webcam</i>
	I have 10-15 hours over several weeks.	 Complete this online course on Coursera: <a href="#">Resilience skills in a time of uncertainty</a>	Dr. Karen Reivich shows how to incorporate resilience interventions into your personal and professional life. You will learn: <ul style="list-style-type: none"> <li>Several types of resilience interventions</li> <li>Strategies to manage anxiety</li> <li>How to increase positive emotions, such as gratitude</li> <li>Critical relationship enhancement skills</li> </ul>	- <i>Internet connection with audio</i>



		 Sign up for the <a href="#">Living Life to the Full</a> program 	<p>This is an eight-week program geared toward building a happier and healthier personal and professional life.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• Cognitive behavioural principles</li> <li>• Tools to maximize your ability to manage life's challenges</li> <li>• Improved coping skills to deal with ongoing stress</li> <li>• How to have more meaningful relationships with others</li> </ul>	- <i>Course fee (with financial aid options available)</i>
	I am looking for resources that I can pursue at my own pace.	 Review and fill out this workbook: <a href="#">Mental Health First Aid Self-Care and Resilience Guide</a>  French workbook from Quebec.ca website: <a href="#">Télécharger le Guide autosoins - COVID-19</a>	<p>This is a personalized workbook to help deal with mental health and wellness challenges.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• How and when to use self-care practices</li> <li>• How and when to use resilience building strategies</li> </ul>	- <i>One-time internet connection to download guide</i> - <i>Pen and notebook or printer</i>
<b>Build My Coping Skills for Anxiety</b>	I am looking for resources that I can pursue at my own pace.	 Download this app called <a href="#">SAM</a>	<p>SAM is a smartphone application to help you understand and manage anxiety.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• What causes your anxiety</li> <li>• How to monitor your anxious thoughts and behaviour</li> <li>• How to manage your anxiety through self-help exercises and private reflection</li> </ul>	- <i>One-time internet connection to download app</i> - <i>Smartphone (iOS or Android)</i>
<b>Improve Parenting and Caregiving</b>	I have <5 hours.	 Watch this webinar on <a href="#">Caregiver Burnout</a>	<p>This is a webinar designed to help caregivers navigate the "new normal" during COVID-19.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• How to self-care</li> <li>• How to prevent burnout</li> <li>• How to balance home and work responsibilities</li> <li>• How to care for others as well as take time for your own health</li> </ul>	- <i>Internet connection with audio</i>
		 Watch this Farsi webinar on <a href="#">Understanding Child and Youth Mental Health for Farsi Speakers</a>	<p>This video is a recording of a Pinwheel Education Series presentation on child and youth mental wellness (in Farsi).</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• About child and youth mental health</li> <li>• How parents can raise resilient children</li> </ul>	- <i>Internet connection with audio</i>

			<ul style="list-style-type: none"> <li>• What parents can do if their child experiences social, emotional and behavioural challenges</li> <li>• How parents can seek help</li> </ul>	
I am looking for resources that I can pursue at my own pace.		 Review this worksheet on <a href="#">Parents &amp; Kids on the 'Road to Resilience'</a>	<p>This is a worksheet designed to help parents and children develop resilience skills.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• Practical skills for parents</li> <li>• Practical skills for children</li> </ul>	- <i>One-time internet connection to download worksheet</i>
		 Watch this set of short 2-5 minute videos on the " <a href="#">Road of Life</a> " <a href="#">Travel List</a> (click the green text to access each video).   Watch this Farsi webinar on <a href="#">Understanding Child and Youth Mental Health for Farsi Speakers</a>	<p>Resilience helps us get through tough times as we travel the "Road of Life." All of us have the capacity to develop and encourage resilience in others.</p> <p>You will learn:</p> <ul style="list-style-type: none"> <li>• Ways to help your child bounce back from life's challenges</li> <li>• How to help your child build confidence and learn self-control</li> <li>• How to develop a positive outlook</li> </ul>	- <i>Internet connection with audio</i>
		<a href="#">My Anxiety Plan (M.A.P.)</a>	<p>My Anxiety Plan (M.A.P.) for Children is a free online anxiety management toolkit and step-by-step guide for parents with anxious children (mild to moderate). M.A.P. is separated into five parts and broken down into easy to manage sessions that the parent can complete with the child.</p> <p>You/Your child will learn:</p> <ul style="list-style-type: none"> <li>• How to use tools and worksheets to recognize and manage anxiety</li> <li>• What happens to the body when s/he becomes anxious</li> <li>• How to decrease excessive anxiety by gradual, controlled exposure</li> </ul>	- <i>One-time internet connection to download worksheet or continuous Internet to work online</i>

Section Two		For Youth (0-25):		
		Looking for more resources? You may also find the <a href="#">For Adults</a> section helpful.		
What would you like to do?	How much time do you have?	Consider these options:	What you will learn:	What you need:
Build Resilience	I have 10-15 hours over several weeks.	 Sign up for a program such as <a href="#">Living Life to the Full for Youth</a> (ages 13-18)	This is an eight-week program geared toward building a happier and healthier personal life. You will learn: <ul style="list-style-type: none"> <li>• Cognitive behavioural principles</li> <li>• Tools to maximize your ability to manage life's challenges</li> <li>• Improved coping skills to deal with ongoing stress</li> <li>• How to have more meaningful relationships with others</li> </ul>	<ul style="list-style-type: none"> <li>- <i>Course fee (with financial aid options available)</i></li> </ul>
	I am looking for resources that I can pursue at my own pace.	 Review and fill out this workbook for resilience in your post-secondary education: <a href="#">From Surviving to Thriving</a>	This is a personalized workbook to help you move from merely surviving your post-secondary experience to actually thriving in it. You will learn: <ul style="list-style-type: none"> <li>• How to plan for potentially stressful situations</li> <li>• How to get through those situations with a positive impact on your personal and academic life</li> </ul>	<ul style="list-style-type: none"> <li>- <i>One-time internet connection to download guide</i></li> <li>- <i>Pen and notebook or printer</i></li> </ul>

		<p> Download one of these apps:</p> <ol style="list-style-type: none"> <li>1. <a href="#">Moodie</a> (age 13-21) or</li> <li>2. <a href="#">HealthyMinds</a> (high school and post-secondary students)</li> </ol>	<p>1. Moodie is a smartphone application that can help you manage your mood and mental health. You will learn:</p> <ul style="list-style-type: none"> <li>• How to change your mood through customized activities</li> <li>• How to track your moods, physical activity, eating and sleeping habits, and thoughts in a private journal</li> <li>• To understand your habits better</li> <li>• To train your brain and improve your well-being</li> </ul> <p>2. HealthyMinds is a smartphone application problem-solving tool to help deal with emotions and cope with the stresses you can encounter both on and off school campus. You will learn:</p> <ul style="list-style-type: none"> <li>• How to track your daily mood with a timeline</li> <li>• How to journal with photos to help you stay mindful of emotions</li> <li>• To identify and develop a problem-solving plan that can address life challenges</li> <li>• Stress-buster strategies</li> <li>• Breathing exercises to help calm the mind</li> </ul>	<ul style="list-style-type: none"> <li>- <i>One-time internet connection to download app</i></li> <li>- <i>Smartphone (iOS or Android)</i></li> </ul>
<p><b>Build My Coping Skills for Anxiety</b></p>	<p>I am looking for resources that I can pursue at my own pace.</p>	<p> Download this app called <a href="#">MindShift</a></p>	<p>MindShift™ uses scientifically proven strategies based on Cognitive Behavioural Therapy. You will learn:</p> <ul style="list-style-type: none"> <li>• How to relax</li> <li>• How to be mindful</li> <li>• How to develop more effective ways of thinking</li> <li>• How to actively take charge of your anxiety</li> </ul>	<ul style="list-style-type: none"> <li>- <i>One-time internet connection to download app</i></li> <li>- <i>Smartphone (iOS or Android)</i></li> </ul>

Section Three		For Older Adults/Seniors (60+):		
		Looking for more resources? You may also find the <a href="#">For Adults</a> section helpful.		
What would you like to do?	How much time do you have?	Consider these options:	What you will learn:	What you need:
<a href="#">Build Resilience as an Older Adult</a>	I am looking for resources that I can pursue at my own pace.	 Review this worksheet: <a href="#">How Older Adults Can Protect Their Mental Wellness During COVID-19</a>	This is a personalized workbook for older adults and seniors, to help deal with mental health and wellness challenges during COVID-19. You will learn: <ul style="list-style-type: none"> <li>• How to cope with self-isolation</li> <li>• How to use self-care practices</li> <li>• How to use resilience building strategies</li> </ul>	- <i>One-time internet connection to download guide</i>
<a href="#">Support Older Adults</a>	I am looking for resources that I can pursue at my own pace.	 Review this worksheet: <a href="#">Caring for Older Adults During COVID-19</a>	This is a personalized workbook for informal caregivers / adult children of older adults and seniors, to help deal with mental health and wellness challenges during COVID-19. You will learn: <ul style="list-style-type: none"> <li>• How to start conversations about mental well-being with older adults resistant to discussing it</li> <li>• How to express concern for the mental health of loved ones in a positive manner</li> <li>• How to recognize the signs of decline in older adults' mental well-being during the COVID-19 pandemic</li> </ul>	- <i>One-time internet connection to download guide</i>

Section Four		For Institutional Leaders:		
		Looking for more resources? You may also find the <a href="#">For Adults</a> section helpful.		
What would you like to do?	How much time do you have?	Consider these options:	What you will learn:	What you need:
Build Resilience	I have 10-15 hours over several weeks.	 Complete this online course: <a href="#">Essential Self-Care and Resilience Course</a>	This special edition module is designed to help support your positive mental well-being. There are five lessons in this course, each taking between one and two hours. You will learn: <ul style="list-style-type: none"> <li>• The value of self-care</li> <li>• Psychological self-care</li> <li>• Physical self-care</li> <li>• Spiritual and social self-care</li> <li>• Resilience as it relates to stress</li> </ul>	- <i>Internet connection with audio</i>
		 Sign up for a program such as <a href="#">Living Life to the Full</a> or Psychological First Aid ( <i>pending; currently in pilot phase</i> )	This is an eight-week program geared toward building a happier and healthier personal life. You will learn: <ul style="list-style-type: none"> <li>• Cognitive behavioural principles</li> <li>• Tools to maximize your ability to manage life's challenges</li> <li>• Improved coping skills to deal with ongoing stress</li> <li>• How to have more meaningful relationships with others</li> </ul>	- <i>Course fee (with financial aid options available)</i>