



Mental Health Resources

We know that many individuals and families have felt the additional stress of uncertainty as communities and organizations across the country work together to contain the spread of COVID-19.

Recognizing we are all in this together, OTIP has compiled a list of resources to help connect you with the resources you need. Whether it is access to mental health services or crisis help lines, to tools for speaking to your children about COVID-19. We are here to support you.

Mental Health Organizations and Services

Mindfulness and Meditation Resources

Mental Health/Crisis Line Telephone Services

Finances

Helping young children

Youth Resources