

RESOURCE GUIDE FOR FAMILIES

Mental Health & Burnout for Caregivers

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- **Ontario Caregiver Organization**, <https://ontariocaregiver.ca/mental-health/caregiver-wellbeing/>
The OCO provides a wealth of information, including videos, blogs, and support groups for diverse groups of family caregivers, such as those taking care of people living with Alzheimer, cancer or mental health conditions. It also offers Webinars; Peer Support; eLearning & Educational Resources.
- **Canadian Centre for Caregiving Excellence**, <https://canadiancaregiving.org/>
The CCCE offers an extensive resource page organized by province. It collaborates with Centre for Addiction and Mental Health (CAMH) to offer caregiver specific mental wellness programs.
- **Centre for Addiction and Mental Health (CAMH), H-CARDD**
<https://www.camh.ca/en/professionals/professionals--projects/hcardd/health-care-resources/resources-for-caregivers>
Resources for families with intellectual and developmental disabilities are offered by “Health Care Access Research & Developmental Disabilities (H-CARDD)” program at CAMH, such as:
 - Family Matters Toolkit: <https://familymatters.ddtoolkits.com/> and Videos for Caregivers
- **Caregiver Exchange** - caregiverexchange.ca/
The site offers, information, videos, and support groups.
- **CARES by SAAAC Autism Centre** <https://saaac.org/program/saaac-cares/>
Eight-week counselling program for to family caregivers of children and adults living with autism.
- **ACT for Caregivers Workshop**, <https://www.actforcaregivers.com/>
Parents and caregivers of children with developmental disabilities can join Acceptance and Commitment Training (ACT)
- **Mindfulness Resources from Canadian Mental Health Association**
 - MindShift is a free app www.anxietybc.com/mobile-app
 - Headspace is a meditation app and website offers guide www.headspace.com
 - Mindful magazine, from a US non-profit agency, covers mindful living. www.mindful.org
 - Mindfulness audios are available by the British Columbia Association for Living Mindfully (BCalm), <https://bcalm.ca/resources/>, such as:

#1: Introduction to Meditation

#1A: Relaxation Breath

#2: Taking Your Seat

#3: Long Body Scan

#4: Short Body Scan

#5: Mindful Awareness of Breath

#6: Breath & Metta for Self

#7: Breath, Metta & Forgiveness

#8: Body Scan, Breath & Metta

#9: 3 Minute Breathing Space

#10: Sober

#11: R.A.I.N.

#12: Beginning Anew

- **Ontario Caregiver Helpline:** Call 1-833-416-2273 for direct support, information, and referrals across the province.