

Updated: February 2025

Digital Mental Health Resources to Support Canadian's During the COVID-19 Pandemic

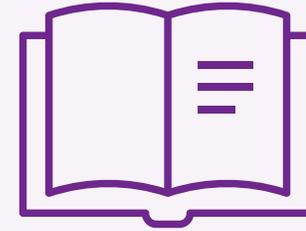
Overview of the Study & Instructions on How to Use the Resource List



What is our study about?

Our study team compiled a detailed list of digital resources and interventions (e.g. mobile apps, websites, telemedicine platforms, text services, etc.) that can help support the mental health and wellness of Canadians during and beyond the COVID-19 pandemic.

The digital mental health tools or resources are not meant as an alternative or replacement to in-person or clinical mental health treatment, but they can instead be used to help you in managing / maintaining your mental wellness.



Click the icon to read our study paper

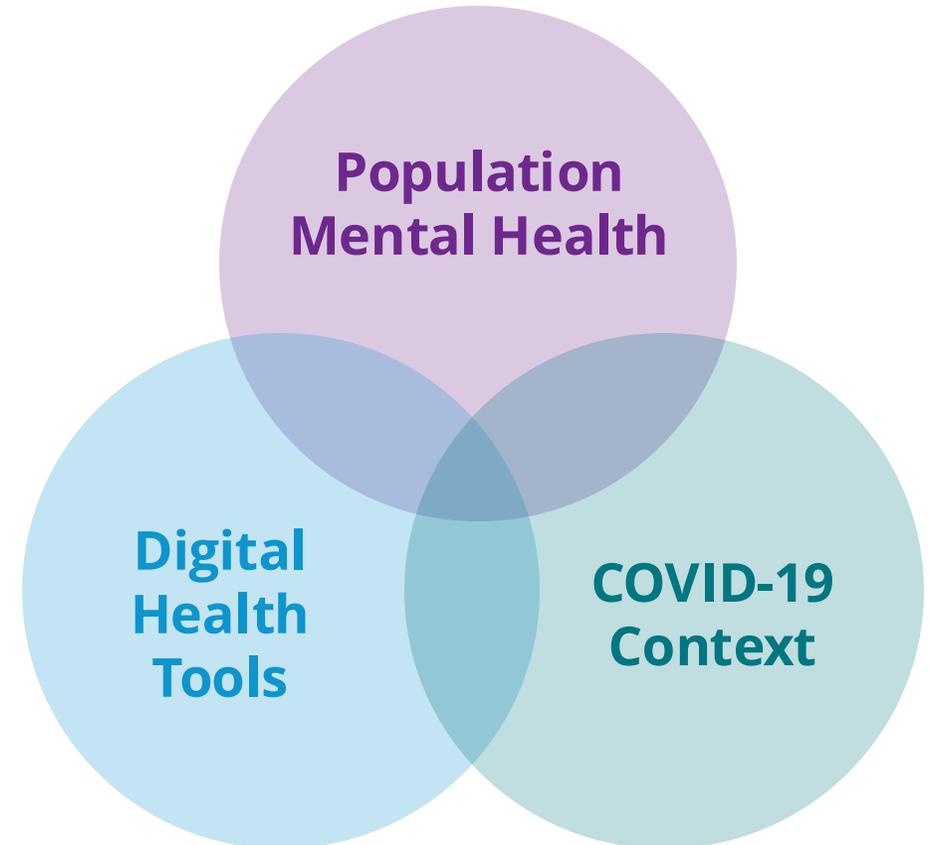


Click the icon to read our research snapshot

What is the digital mental health resource list?

We looked for digital mental health interventions, resources or tools that were developed specifically for the COVID-19 pandemic and/or had COVID-19 specific resources listed within them.

The searches were conducted between June-October 2020. **The resources included were updated in February 2025 to ensure they were still active and relevant.**



What is included in the resource list?

From our searches, we included websites and mobile apps that meet the following criteria:

- Available and relevant to the Canadian Context
- Developed to support population mental health and well-being
- Developed for COVID-19, contain specific reference to COVID-19 resources within the app, or offer a free subscription due to COVID-19
- Fell within [Mental Health Commission of Canada's technology types](#) and the [WHO Classification of Digital Interventions](#)

What information was gathered about each of the resources included?

Website Resources

- Website Name & URL
- Relevant phone/text number
- Description of the resource
- Resource Type Country/Province of origin
- Developer type
- Population focus
- Cost
- Available languages
- Supporting research/evidence

Mobile Health Apps

- App Name & URL
- Description of the app
- Main features/components of the app
- Health conditions supported
- Developer type
- Population focus
- Cost
- Privacy specifications
- Supporting research/evidence

How were the resources evaluated?

Website Resources

The research team did not evaluate the websites included in the resource list. The [Mental Health Commission of Canada](#) has developed an easy-to-use evaluation tool checklist for you to conduct a self-evaluation of a digital resource you want to use. To self-evaluate a resource, [click here](#) (see page 24).

Mobile Health Apps

We evaluated mobile apps within our list using the [American Psychiatric Association \(APA\)'s App Evaluation framework](#). The goal of the APA evaluation framework is not to rank or rate apps, but instead help people determine an app's usefulness, security and privacy specifications and clinical relevance.

How do I find specific mental health resources in the database?

User the filter feature:

The filter feature allows you to find specific types of resources from the list. Click on the filter button on the top view bar to display the filter menu. From here, click the “add filter” button and select the filter that suits your preference.

User the sort feature:

The sort feature allows you to specify the order in which you would like to view the records (e.g. A to Z by resource name). To sort, click on the sort button the top view bar and select the “pick a field to sort by” button to sort the records

User the search feature:

If you are searching for a specific resource, or searching for a key term, type the resource name or key term into the search bar on the top view/search bar.

Note: These features work best on a laptop or non-mobile device

How do I print the list of resources or download as a PDF?

Want to print the resource document out?

Want to save and send the document as a PDF?

Follow these steps:

1. Click the “...” icon on the top view bar
2. Select the “print view” button
3. You will have the option to save the resource document as a PDF
4. Once saved as a PDF, you can print the resource document, email the PDF version, or save the PDF version on your computer.

Where can I access technology / digital literacy supports?

Are you a newcomer, senior or older adult who needs support in using technology or digital tools?

Connected Canadians is a non-profit organization of volunteers who are well-versed in using technology. Volunteers are paired with newcomers, seniors or older adults and can provide free support in using technology and digital solutions.

If you are interested in signing up for support with Connected Canadians: [Visit their website](#)



Connected Canadians
Canadiens Branchés

Study Team & Contact Information

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