



MENTAL HEALTH RESOURCES

June, 2020

- **[Huron Perth Public Health](#)**: HPPH has a contact phone number for mental health advice for all sectors of the community, including small business owners.
- Ottawa Public Health offers a guide to [Managing through COVID 19 and How to Support Your Employees Mental Health](#).
- **[The City of Stratford](#)**: Information is provided on the mental health resources available for citizens and businesses affected by COVID-19. Includes a number of links and phone numbers connecting people with help in the community.
- **[Family Services of Perth-Huron](#)**: Expanded programming includes funded Counselling Services for Small Business Owners in Perth County and Counselling for Frontline Workers during Covid-19.
- **[Government of Canada](#)**: This site offers recommendations on how to care for your physical and mental wellbeing. Click this link for [mental health advice in the context of COVID 19](#).
- **[Centre for Addiction and Mental Health](#)**: This site provides a look at mental health during COVID 19, including resources and Frequently Asked Questions (FAQs).
- **[The Canadian Association for Community Living](#)**: Provided here are a number of helpful resources for people struggling with mental health issues.