**CBT & Peer Support For Patients: FREE In Ontario**

Internet-Based Cognitive Behavioral Therapy (iCBT): https://www.mindbeacon.com/

Bounce Back: Videos, Telephone Coaching, & Workbooks For 15 & Up: https://bouncebackontario.ca/

Big White Wall: Digital Mental Health Support For Ages 16 And Up: http://www.bigwhitewall.com/

Wellness Together Canada: Mental Health & Substance Use Support: https://ca.portal.gs/

Talk4healing: 1-855-554-HEAL (4325) <http://www.talk4healing.com/>

**Mindfulness For Patients**

Mindshift-Cognitive Behavior Therapy Skills For Anxiety/Depression:

https://www.anxietycanada.com/resources/mindshift-cbt/

Stop Breathe & Think: Check-In & App Selects Brief Guided Meditation: https://my.life/

Insight Timer: Database Of FREE Meditations: https://insighttimer.com/

Headspace: www.headspace.com

Centre For Mindfulness: https://www.mindfulnessstudies.com

Meditation: <https://www.thehonestguys.co.uk/>

**Other Options (Fee For Service):**

Oak Ridges Psychotherapist - Shivani Gupta: https://oakridgestherapy.com/

Newmarket Psychologists - Dr. Terri Sands: https://www.sandspsychology.ca/

Vaughan Psychologists: https://psychologyhelps.ca/

Psychotherapist In Aurora - Todd Hayen: https://www.toddhayentherapy.com/

Psychotherapist in Aurora - Cindy Hayen: http://www.cindyhayen.com/

Child And Adolescent Psychology Services In Aurora: http://www.thecapcentre.com/

Anxiety education: <https://www.healthlinkbc.ca/health-topics/anxty>

Personalized Therapist Matching: <https://www.layla.care/hello>

Whether You Are Trying To Conceive, Pregnant, Postpartum Or Perimenopausal, BRIA Can Help: https://betterbria.com/

Dialectical Behavior Therapy Self-Help Book By Matthew McKay PhD/Jeffrey Wood

THE ANXIETY AND PHOBIA WORKBOOK: By Edmund J. Bourne

https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-

resources/communitysupports-special-populations/ocfp-mh-patient-resources.pdf

Oak Ridges Therapy: Social Workers Who Do Private Counselling

Green Space Health:

https://app.greenspacehealth.ca/signup/patient/match/?utm\_source=pcp&utm\_medium=print&

utm\_campaign=referral\_cards which is an agency to find private pay counsellors/psychologists

"Good Anxiety" Book By Dr. Wendy Suzuki (Explains The Neuroscience Behind

Anxiety & Remedies)