



Resources

[Well-being Resource Centre](#)

This Law Society of Ontario resource is available to lawyers and paralegals looking to connect with the Member Assistance Program or learn how to better support a colleague or client-- the Well-being Resource Centre truly features something for everyone.

[MindBeacon](#)

The Ontario government offers free mental health support for all Ontario residents over the age of 16 dealing with stress, anxiety, depression and more. The Therapist Guided Program is based in Cognitive Behavioural Therapy (CBT), which is a skills-building approach to therapy to help develop resiliency and coping skills to better manage mental health concerns. The program provides free access to a licenced therapist for up to 12 weeks if the program is assessed to be an appropriate treatment option for you.

[Equity \(CMHA\)](#)

This Canadian Mental Health Association page provides information on equity issues and how they impact mental health in important ways.

Mental Health Week 2022 was held May 2 – 8. Many organizations held webinars and provided resources, including:

[Canadian Mental Health Association](#) | Information and articles, including practical articles on empathy

[Mental Health Summit for Legal Professionals](#) | LSO program originally held May 3, 2022

[Carleton University](#) | Healthy Workplace

Other articles and resources of interest and for further support:

[Zoom Fatigue Worse for Women](#), Melissa De Witte, Stanford News

[There's a Name for the Blah You're Feeling: It's Called Languishing](#), Adam Grant, New York Times

[Four Causes for 'Zoom fatigue' and Their Simple Fixes](#), Vignesh Ramachandran, Stanford News

