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## [Government of Canada: Coronavirus disease \(COVID-19\) – Outbreak Update](#)

Resources found here:

- Outbreak update
- Measures to reduce COVID-19
- Travel restrictions, exemptions and advice
- Symptoms and treatment
- For health professionals
- Awareness resources
- Prevention and risks
- Canada's response
- Guidance documents

## [Ontario COVID-19 Support for People](#)

Resources found here:

- Financial support
- Support for children and youth
- Emergency shelters and other support services
- Extensions on validations and deadlines
- Mental health, wellness and addictions support
- Support for seniors and people with disabilities (PWD)

## [MPI Global: Coronavirus Resources](#)

Resources found here:

- MPI Updates:
  - Statement by President & CEO Paul Van Deventer
  - World Education Congress
  - Safety tips and preparing yourself
- Education:
  - Coronavirus dialogue series
  - Safety and security
  - Virtual and hybrid meetings how-to guides
  - Unite for Recovery: Free education for MPI members
  - Education on-demand
  - Coronavirus general tool kit

- U.S. Travel Association Guide for new normal

Here you will also find links to:

- Events Industry Council
- Meetings Mean Business
- US Travel Association
- IMEX Group
- CDC (Travel)
- CDC (Health)
- World Health Organization

### [MPI Global: Wellbeing Resources](#)

Resources found here:

- Education
- World Health Organization: Tips for Self-Care
- International Days to Celebrate Wellbeing
- Crisis Hotline
  - **CANADA**
    - **Emergency Services:** Call 911
    - [Crisis Services Canada](#), 1-833-456-4566 (In QC: 1-866-277-3553) toll-free
    - Mental Health Mobile Crisis Telephone Line: 902-429-8167
    - [Canadian Association for Suicide Prevention/Association Canadienne Pour la Prevention du Suicide](#), 819-339-3356
    - **Crisis Text Hotline**
- Financial Wellbeing
- Mental Wellbeing
- Physical Wellbeing
- MyMPI Online Member community

### [Top Rated Mental Health Apps\\*](#)

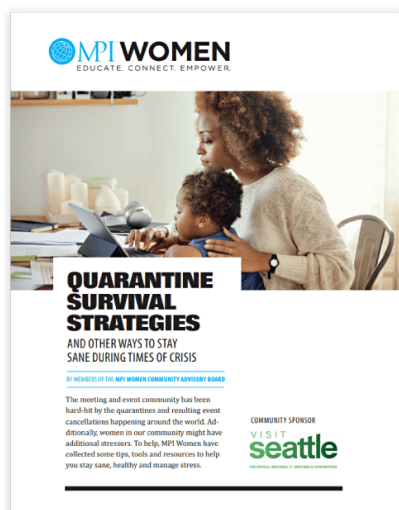
- Anxiety Reliever
- Breathe to Relax
- Happify
- Mindshift
- Moodkit

- MoodMission
- MoodTools
- Panic Relief
- Sanvello
- Talkspace

### Top Rated Mental Health Podcasts\*

- [Dennis Relajo-Howell Show](#)
- [Feeling Good](#)
- [Happier Podcast](#)
- [The Happiness Lab](#)
- [Hidden Brain](#)
- [The Hilarious World of Depression](#)
- [Invisibilia](#)
- [Mad World](#)
- [Mental Illness Happy Hour](#)
- [Mentally Yours](#)
- [The Overwhelmed Brain](#)
- [Psychology in 10 Minutes](#)
- [Psychreg Podcast](#)
- [The Struggle Bus](#)
- [Throwing Shade](#)

**\*NOTE\*** The apps and Podcasts above are recommendations by MPI Global only for your reference.



## Get this FREE Whitepaper

Visit <https://www.mpi.org/tools/wellbeing> and scroll down to where you see “Get this FREE Whitepaper.” Fill in your name, email and check off the appropriate boxes and then click on Download Guide.

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