

News from Your Patient Library

January - February 2021

Patient's Corner

We asked our visitors a few questions about their experience during the pandemic. Here is what they said:

What helped you during the pandemic?

- Knowing that I could keep in touch with family and friends by telephone, email and text has been incredibly helpful.
- Being able to take more walks in nature has been a blessing.
- Being able to work from home. I can gain up to an extra 90 minutes every day by not needing to commute to work. This means I can prepare more home cooked meals and have more time to look after my garden.
- Having a faith has provided me with immense strength, courage and hope that this pandemic will be conquered one day.

What is your major takeaway message from this whole experience?

- Our family, our friends, our colleagues are central to our lives.
- We should help one another with daily acts of kindness and send written notes and cards of encouragement as it means a great deal to those who live alone.



What new skill have you learned during the pandemic?

- One new skill I learned, a very essential one, is to communicate via ZOOM for work meetings, virtual classes and sometimes for connecting with friends.

What new skill or habit will stay with you after the pandemic?

- I realize I am lucky to have such a fantastic virtual library to help me find health information. I will continue to visit the library in person and virtually once this pandemic is over.
- My compassion for others has increased and I will now always try to help relieve the suffering of others.

Thank you to our visitors for these very positive responses that contain important messages and tips for helping to deal with difficult situations like the COVID-19 pandemic.

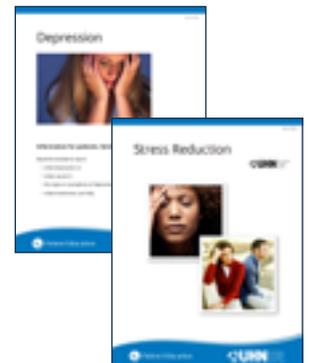
Are you feeling anxious, alone or sad during COVID-19?

Some of these resources below may help you:

- [Togetherall.com](https://togetherall.com) An online peer-to-peer support community for your mental health.
- [Wellness Together Canada Mental Health and Substance Use Support](#) Information, self-guided courses, online community support or one-to-one counselling to support your wellness journey.
- **Mindshift CBT App by Anxiety Canada** Uses Cognitive Behavioral Therapy (CBT) to help you learn to relax, be mindful and use active steps to take charge of your anxiety.



- [Distress Centres of Greater Toronto](#)
416 408 HELP (416 408 4357)
This helpline is available 24 hours a day for anyone experiencing isolation, stress, anxiety, abuse, depression, emotional pain, mental health issues. Available in English, Punjabi, Hindi, Urdu, Spanish, Portuguese, Mandarin and Cantonese.
- **UHN brochures**
[Depression: Information for Patients, Families and Caregivers](#) (D-5077)
[Stress Reduction](#) (D-5743)

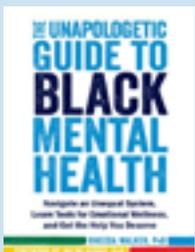


e-Books on Black and Indigenous mental health



Surviving The Health and Wellness of Women of Colour and Indigenous Women

by Byllye Y Avery and G Sophie Harding



The Unapologetic Guide to Black Mental Health

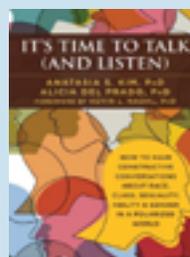
Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve

by Rheeda Walker and Na'im Akbar



The Skin We're In A Year of Black Resistance and Power

by Desmond Cole



It's Time to Talk and Listen

How to Have Constructive Conversations About Race, Class, Sexuality, Ability & Gender in a Polarized World

by Anatasia S Kim and Alicia del Prado

[Browse our collection](#) of e-books, audiobook and streaming videos.

To borrow an item from the collection, call 416 603 6277 or email tgpen@uhn.ca

Princess Margaret Virtual Volunteers

The Healing Beyond the Body volunteer program now offers online support for Princess Margaret patients and caregivers.

These volunteers are specially trained to offer emotional support and keep patients company. They can also help you find supports at UHN and in the community.

Call 416 946 2000 extension 3311 or email hbb.volunteers@uhn.ca. to arrange to speak with one of our wonderful volunteers.

Subscribe to our e-Newsletter

Sign up for our online newsletter to get up-to-date information about our Virtual Health Talks, new resources and other opportunities for patients and families to get involved at UHN. You can unsubscribe at any time.

- Go to <http://bit.ly/UHNPatientNews>
or
- Scan the QR code



January 17 to 23 is National No Smoking Week

Quitting smoking and using commercial tobacco is an important part of your treatment and care when you are sick. If you quit smoking, it can improve your health almost right away. Choosing a healthy lifestyle is the best thing you can do to protect your health and the health of your family and friends.

Get help from these programs and services if you want support to quit or reduce smoking.

UHN Smoking Cessation Program

Have a free, one-on-one smoking cessation consultation with a trained pharmacist at the UHN Outpatient Pharmacies. They can help you get prescription smoking cessation aids and nicotine replacement products. Email QuitSmoking@UHN.ca to find out more.

Quit Smoking to Improve Your Cancer Treatment eLearning course

Access a 5-minute eLearning course about how quitting smoking improves your cancer treatment.

Smoking Cessation Series on Princess Margaret Cancer Classes

This series of courses were designed to help you and your family quit smoking to improve cancer treatment and recovery.

Nicotine Dependence Clinic, Centre for Addiction and Mental Health (CAMH)

175 College Street

Toronto, Ontario, M5T 1P7

Phone: 416 535 8501 extension 77400

Hours: Monday to Friday, 9:00 am to 5:00 pm

Canadian Cancer Society, Smoker's Helpline

Phone: 1 877 513 5333

UHN Brochures

[Smoking Cessation Program](#) (D-3370)

[Smoking: It's Never Too Late to Quit](#) (D-5744)

[Get the Best From Your Cancer Treatment: Quit Smoking](#) (D-8579)

Recover comfortably, in the hospital or at home.



Senior Companionship

- Hospital to home transition
- Companionship and personal care
- Overnight and live-in assistance
- Alzheimer's and dementia support
- Driver for appointments and errands
- Respite care and support
- House cleaning and handiwork

Home Health Care

- Post-surgery and wound care nursing services
- Personal support workers to help with recovery at home
- Advanced illness and palliative care
- Mobile foot care
- More services listed on website



1.844.339.8638
[spectrumhealthcare.com](https://www.spectrumhealthcare.com)