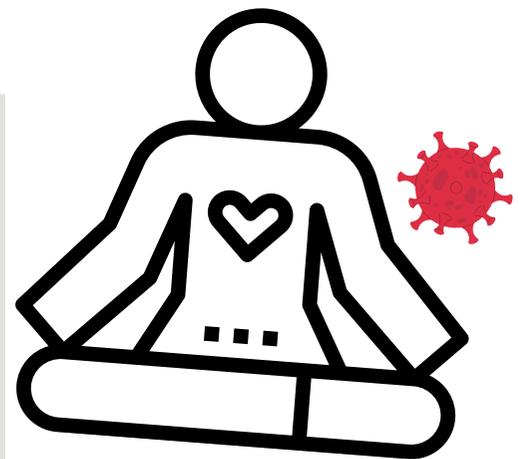
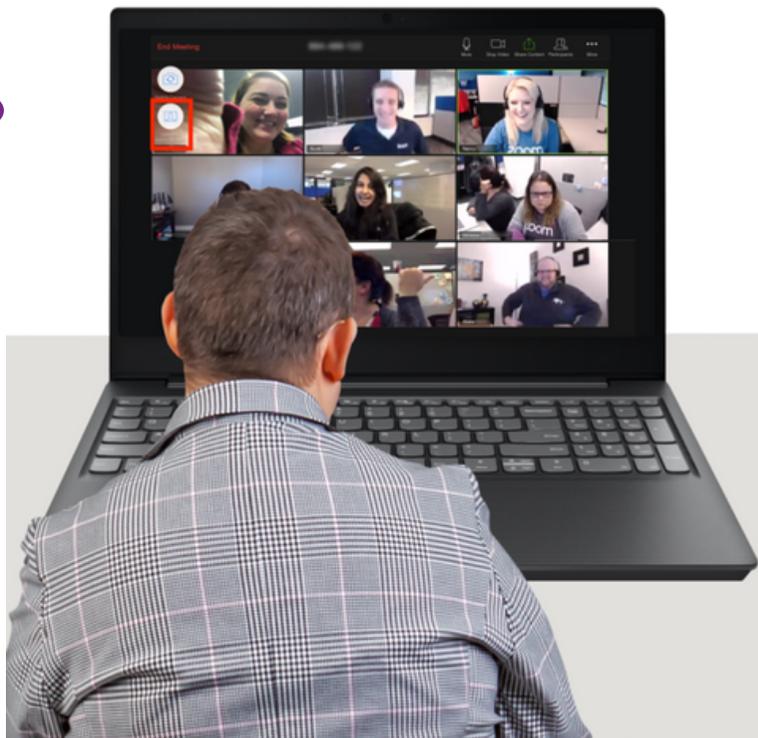


Online Course to Improve the Mental Health of People with Intellectual Disabilities (ID) During COVID-19

A Research Study



Link to paper: [‘More together than apart’: The evaluation of a virtual course to improve mental health and well-being of adults with intellectual disabilities during the COVID-19 pandemic](#)

Why did we do this research?



The COVID-19 pandemic has given many people with ID a lot of stress.



People with ID can connect virtually with friends, family, and healthcare workers to help them feel less stressed.



We wanted to learn if people with ID felt **less stressed** after taking our online course about coping with COVID-19.

What did we do?



Healthcare workers and people with ID **created an online course together.**

The course teaches people with ID **how to cope with COVID-19.**



The course happened once a week for 6 weeks.



The group talked about different **mental health topics** every week.



We wanted to know if people **felt better** after taking the course.

What did we learn?



Many people **participated** and **enjoyed** the course.



People felt **ready** to do things to support their **mental health**.



People learned **questions** to ask **healthcare providers**.



People learned ways to take **care of their mental health**.



People **felt that they were able to improve their mental health** after taking the course.

So what?



Our team created one of the **first mental health courses** on **cop**ing with **COVID-19** for people with ID.



People who took the course:

1. **Enjoyed** the group
2. Felt **connected** to each other
3. Felt **less alone**
4. Became part of a **caring community**



We want to make sure that everyone with ID can **take online courses** like this.

This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH. The study was funded by a CIHR grant, #MS2-173090.

The study authors are grateful to the course teachers from CAMH and People First Canada, as well as all of the people who took the course, for being part of this project.

We also thank the group of self-advocate advisors who worked together with our team to create this easy read guide.

camh | Azrieli Adult
Neurodevelopmental Centre



Health Care Access Research
and Developmental Disabilities

