

FOSTERING MENTAL WELLBEING



Evidence informed advice



The COVID-19 pandemic has changed our daily routines and our social experiences which can shift our mood, and impact our emotions. Routinely naming and acknowledging feelings can make them less intense.

UNCERTAINTY

Contributes towards anxiety and mood changes



Stay informed by using trustworthy sources such as: [WHO](#), [BCCDC](#), [CDC](#)

Eat healthy food, and minimize alcohol as it can worsen anxiety and mood

LONELINESS

Physical distancing can worsen loneliness



Plan social connections even when you are physically distant from others

Create routines for your day

Incorporate exercise and movement into your daily routines

FEAR

Experiencing fear during a health crisis is normal



Know that you can protect yourself against COVID-19 by using the three fundamental public health measures:

- Hand washing
- Physical distancing
- Not touching your face with your hands

GRIEF

The deaths and suffering of so many is painful even if we are not directly affected



Make time to connect with yourself through daily mindfulness activities such as meditations, body scans, prayer, journaling, gratitude practice, calm breathing or spending time in nature

Free or Subsidized

RESOURCES

ANXIETY CANADA

- MINDSHIFT CBT APP: FREE EVIDENCE-BASED MENTAL HEALTH TOOLS

BCCDC: POST-SECONDARY STUDENT SUPPORT RESOURCE:

- HERE2TALK: 24/7 MENTAL HEALTH COUNSELLING
- SPEAK TO A COUNSELOR:
 - TOLL-FREE: 877 857-3397
 - DIRECT: 604-642-5212

BC MENTAL HEALTH AND SUBSTANCE USE SERVICES

BC GOVERNMENT: VIRTUAL MENTAL HEALTH RESOURCES

BC PSYCHOLOGICAL ASSOCIATION:

- FREE TELEPHONE CALLS TO A PSYCHOLOGIST FOR ANY BC RESIDENT 19+
- DIRECT: 604-827-0847

CMHA - CANADIAN MENTAL HEALTH ASSOCIATION ONLINE

- CMHA RESOURCES -
- YOUTH AND 15+
 - BOUNCEBACK APP
 - LIVING LIFE TO THE FULLEST
 - COMMUNITY COUNSELLING
- PARENTS
 - CONFIDENT PARENTS, THRIVING KIDS