

MENTAL HEALTH AND WELLNESS RESOURCES FOR NURSES AND CLIENTS DURING COVID-19

Resources focussed on mental health and wellness for nurse's mental wellness, client mental wellness, care and referrals, in context of the COVID-19 crisis and response.

Mental health and wellness focused resources	
<p>Self-care</p>	<p>It has been said that self-care helps us get out of the way of ourselves, to do the work to care for others. At the least it can support the building blocks that addresses how we stay well and helps us remain resilient and cope in times of stress and challenge.</p> <p>You can add your own actions, behaviours and activities to the self-care basics found below, based on what has worked well for you in the past, what you have learned and those things that sooth you and help rejuvenate your spirit, mood and energy.</p> <p>The TEND academy self-care basics</p> <p>“Physical and mental health are often the first things that are sacrificed in crisis situations. As we know, in order to maintain our ability to think clearly and to do our work well, we all need to:</p> <ul style="list-style-type: none"> • Get enough sleep • Have a realistic shift schedule • Eat quality food at regular intervals (including complex carbohydrates, healthy fats, greens and healthy protein sources) • Maintain regular physical exercise (helps to reduce anxiety and boost immunity) • Monitor caffeine intake (improve sleep and reduce anxiety) • Monitor mood-altering drug intake (such as alcohol) • Stay connected with loved ones and colleagues • Limit media exposure to once or twice a day, only checking trusted sources • Access emotional support (debrief and create a space to respectfully share) • Access support to juggle family demands and/or caregiver roles while working front-line <p>Although these suggestions seem simple, we need to be mindful about checking-in with ourselves and monitoring our physical and mental health.”</p> <p>Accessed: Marathon - Not a Sprint</p>
<p>Mental Health and wellness resources</p>	<p>Comprehensive list, contact numbers and links for virtual Mental health supports during COVID-19 in BC for seniors, adults, youth and frontline health</p>

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	<p>care workers experiencing anxiety, depression or other mental health challenges arising from the COVID-19 pandemic can get help through virtual services: Virtual Mental Health Supports – BC</p> <p>Action for Happiness: COVID coping calendar</p> <p>WHO (2020) Mental Health considerations during COVID-19 outbreak: Mental health considerations</p> <p>Mental Health Commission of Canada (MHCC): Mental Health First Aid COVID-19 Self-care and resiliency guide: Mental Health First Aid</p> <p>Mental Health check in tool, Canadian Mental Health Association (CMHA): Free, anonymous self-assessment tool. Find the resources most useful to you: Mental Health Check-In</p> <p>FNHA Mental health and Cultural Supports resource list: Mental Health and Cultural Supports</p> <p>CAMH (2020) Mental health and COVID coping: Coping with Stress and Anxiety Printer friendly, short version: https://www.printfriendly.com/p/g/FkTmUD</p> <p>Center for Disease Control (USA) Mental Health and Coping during the COVID pandemic. American CDC, contact numbers for US residents: CDC Stress and Coping</p> <p>Coping with a disaster or traumatic event (resources and tools for members of the public, health leaders and first responders American CDC, contact numbers for US residents: https://emergency.cdc.gov/coping/index.asp</p>
<p>Stress, anxiety and depression</p>	<p>Anxiety Canada</p> <ul style="list-style-type: none"> • Anxiety in Youth section • Anxiety in Children section • What to do if you are anxious or worried about coronavirus (COVID-19) <p>BC Ministry of MH and Addictions (2020) Managing COVID-19 Stress, Anxiety and depression - 5 Steps to Manage COVID-10 stress. A good one page resource with strategies to manage and build strengths and links to resources.</p> <ul style="list-style-type: none"> • Managing COVID-19 Stress, Anxiety and Depression

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	<p>BounceBack BC What is BounceBack? Info Video</p> <p>Self-management resources for low mood, stress and anxiety. Free online course: https://bouncebackbc.ca/</p> <p>CMHA-BC Here to Help (2020). Mental Health: COVID-19 and Anxiety. <i>Discussion & strategies to cope with COVID related anxiety and resources for accurate information:</i> accessed: www.heretohelp.bc.ca</p> <p>Crisis and Trauma resource Institute: Free handouts</p> <p>Institute for Disaster Mental Health (2020) COVID-19: Managing stress in this anxious time</p>
<p>FNHA Staff resources</p>	<p>A dedicated Bighouse site where all our HR COVID-19 communications are stored and can be viewed by all staff members: COVID HR Information</p>
<p>Nurse resources</p>	<p>Occupational & Critical Incident Stress Management services provided by FNHIB to all nurses serving First Nations communities</p> <p>OCISM: Critical Incident Stress Reaction Services, as described, nurses or their leaders to <i>call the 1-800- 268-7708 and ask for OCISM</i> and state you are a Nurse working with First Nations communities (or supporting a nurse working with First Nations communities).</p> <p>Peer Assistance Line (PALs): Non-crisis support (debriefing, coping, mentoring, etc.) via telephone and can be ongoing. <i>Contact via email:</i> hc.ocism-gspic.sc@canada.ca</p> <p>Support to Promote and Assess Resiliency Coping Skills (Resource and Services): known as SPARCS, a working guidebook with optional telephone support for nurses to improve overall wellbeing and resiliency. <i>Contact via email:</i> hc.ocism-gspic.sc@canada.ca</p> <p>Resiliency coaching for Nursing leaders: for those in leadership roles with high demands. Link to mental health professional to build resiliency as a leader. <i>Contact via email:</i> hc.ocism-gspic.sc@canada.ca</p> <p>Virtual Mental Health supports for Healthcare workers, Mobile Response Team (MRT): to support the mental well-being and psychological safety of frontline</p>

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	<p>workers who are experiencing exponential distress and mental health concerns: Call 24/7 1-888-686-3022 or email: MRT@phsa.ca</p> <p>Top 5 Mindfulness Tips for Healthcare Professionals during the COVID-19 pandemic: Top 5 Mindfulness Tips for Healthcare Professionals</p> <p>WHO, Doing what matters in times of stress, stress management guide for coping with adversity and audio files (toolkit): Doing what matters in times of stress</p> <p>Supporting Clients with mental health concerns during COVID-19</p> <p>Mental Wellness and working from home and isolating Working Remotely During COVID-19</p> <p>A number of resource links on this page: Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks</p> <p>In these tips, there's a section on connecting with others. Note the contact numbers are American: Taking Care of Your Behavioral Health</p> <p>Some good information about loneliness and working from home during this time: Loneliness During the Coronavirus Pandemic</p> <p>Yale Medicine: Some good tips for maintaining wellness while isolating: Managing Life at Home During COVID-19</p> <p>Books, S.K., et al (Feb 26, 2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. The Lancet, DOI: 10.1016/S2215-0366(20)30073-0 accessed: Psychological interventions for people affected by COVID-19</p> <p>CSPL: Ensuring our own wellbeing as we care for others during the COVID-19 Crisis: COVID-19 Bulletin #1</p> <p>U of Guelph, Online wellness resources to help you thrive in uncertain times: 6 tips to help you cope with self-isolation</p> <p>TEND academy: This is a marathon not a print: Strategies to Address Wear and Tear in Helping Professionals during COVID-19</p>
<p>Crisis response</p>	<p>KUU-US Crisis response services (BC only). Crisis AND Support line (does not have to only be "crisis"; line can be accessed when someone just wants support</p>

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	<p>or to talk). By First Nations for First Nations, culturally safe, by phone suicide prevention & crisis response; family members, community members and nurses can also consult with them when concerned about someone. They will do safety monitoring calls as well: 1-800-588-8717 or 1-800-KUU-US17. http://www.kuu-uscrisisline.ca/</p> <p>If you are in crisis, please go to https://crisiscentre.bc.ca/ or call 1-800-SUICIDE or 1-800-784-2433. If your crisis is an emergency, call 911.</p> <p>310Mental Health Support, for emotional support, information and resources specific to mental health: 310-6789 (no area code needed)</p> <p>Kids Help Line: Supporting the young people in your life during COVID-19</p> <p>Kids Help Line (text, online chat and by phone): Text CONNECT to 686868, call 1-800-668-6868</p> <p>Youth in BC: crisis line (noon-1am), with education resources: https://youthinbc.com/</p> <p>Virtual mental health supports for victims of family or sexual violence. VictimLinkBC. Immediate 24/7 crisis support, telephone service, also information and referrals for all victims of crime: 1-800-563-0808 or email: VictimLinkBC@bc211.ca</p> <p>Link: VictimLinkBC</p> <p>Psychological First Aid WHO: Psychological First Aid, Handbook for field workers</p>
<p>Virtual Mental Healthcare in response to COVID-19</p>	<p>Virtual Mental health supports during COVID-19: B.C. seniors, adults, youth and frontline health care workers experiencing anxiety, depression or other mental health challenges arising from the COVID-19 pandemic can get help through virtual services, (also listed at the top of fact sheet). Virtual Mental health supports during COVID-19</p> <p>Virtual Counselling services: Canadian Mental Health association, BC Division: https://cmha.bc.ca/covid-19/</p> <p>COVID-19 Psychological Support Service: FREE Psychological First Aid for all BC residents over 19 who are experiencing stress, anxiety or uncertainty due to the COVID-19 pandemic. Call 1-604-827-0847 or COVID-19 Resources</p>

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	<p>Foundry BC: Youth virtual drop-in counselling sessions by voice, video and chat to young people ages 12-24 and their caregivers 1-833-308-6379 or: FOUNDRY VIRTUAL</p> <p>For resources and information about this and all Foundry services: https://foundrybc.ca/</p>
<p>Consultation supports and resources</p>	<p>Substance Use resources: Substance Use and COVID-19</p> <p>Supporting Youth and Children: Compass Mental Health program, BC Children’s Hospital: Province wide service, for Healthcare Providers, to support evidence based care to all BC children and youth living with mental health and Substance Use concerns.</p> <p>A multi-disciplinary team can provide advice, support, connection with resources, consultation, assessment and education to healthcare providers (Nurses, GPs, NPs, Mental health & Substance Use teams, etc.). Available M-F 9am-5pm via phone: 1-855-702-7272. Not a crisis response service. https://compassbc.ca/</p> <p>Compass Mental Health: COVID-19 Provider Support Resources</p> <p>Kids Help Line: Supporting the young people in your life during COVID-19</p> <p>Foundry, BC Youth Primary care and mental health services. Current info on COVID, resources and help: https://foundrybc.ca/</p> <p>Here to help: Mental health. Each topic has a youth focused subheading: https://www.heretohelp.bc.ca/resource-library</p> <p>Canadian Psychological Association: Fact Sheet, Helping Teens cope with the impacts and restrictions related to COVID-19: “Psychology Works”</p> <p>WHO. Children’s book about COVID-19 and resources for parents and caregivers: “My Hero is You, How kids can fight COVID-19!”</p> <p>UNICEF Australia (2020): How to talk to your child about COVID, Eight tips to help comfort and protect children</p> <p>Canadian Pediatric Society (2020a), Caring for Kids: The 2019 Novel Coronavirus (COVID-19), Information for parents: COVID-19 and your child</p>

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Canadian Pediatric Society (2020b), Caring for Kids: The 2019 Novel Coronavirus (COVID-19), [Helping children and teens cope with stressful public events](#) (and additional related resources)

Kelty Mental Health: resources for youth, families and providers:
<https://keltymentalhealth.ca/>

Kelty Mental health: Parenting during COVID-19:
<https://keltymentalhealth.ca/info/parenting-during-covid-19>

Kelty Mental Health: WHO: [Helping children cope with stress during the 2019-nCoV outbreak](#)

TeenMentalHealth.org: [Tips for routine during COVID](#)