

## **COVID-19 and Mental Health Resources for the General Public Updated May 5, 2020**

The Manitoba Psychological Society (MPS) is providing this list of resources for informational purposes only and has made every effort to include resources from reputable sources. MPS is not in a position to endorse or recommend any particular resource or psychologist. It is the responsibility of the user to determine the suitability of the following resources with respect to their specific needs and circumstances.

Please note the articles and interviews reflect the information available at the time of publication/release and, as such, may reference pandemic specific recommendations that have since been updated or changed.

We encourage you to find up-to-date health recommendations and guidelines regarding the COVID-19 pandemic from reputable sources such as the Government of Canada website <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html> or the Manitoba Government website <https://www.gov.mb.ca/covid19/index.html>

### **COVID-19 and Mental Health**

#### **Taking Care of Your Mental Health During COVID-19 (source Manitoba Psychological Society and University of Manitoba Health Information Exchange Laboratory)**

Infographic, no date. This resource provides a visual representation and brief summary of the key components of caring for your mental health during the pandemic.

#### **We Will Get Through This Together: Tools for Manitobans with Anxiety Over COVID-19 (source: CBC news)**

Print article, March 24, 2020. Features interviews with the Director of Anxiety Disorders Association of Manitoba (ADAM), Mary Williams, Psychologist, Dr. Rehman Abdulrehman, and Director of Clinic, Veronica Marshall regarding reactions to COVID-19, tips for coping and resources available to Manitobans.

<https://www.cbc.ca/news/canada/manitoba/anxiety-tools-manitoba-covid-19-1.5506797>

#### **Anxiety and COVID-19 (source: CTV Morning News)**

4-minute video, no date. Psychologist, Dr. Jason Ediger, offers some suggestions for managing the anxiety associated with the current pandemic.

<https://winnipeg.ctvnews.ca/video?clipId=1921499>

**COVID-19: Balancing Public Health and Mental Health (source: Anxiety Canada)**

Print article, March 24, 2020. Psychologist Dr. Maureen Whittal offers tips on how to maintain good positive health and also addresses the question “Are you appropriately or excessively concerned?”

<https://www.anxietycanada.com/articles/covid19-balancing-public-health-and-mental-health/>

**COVID-19’s Impact on Mental Health: How Coronavirus, Quarantine, and Isolation Affect our Psychological State (source: CTV News)**

5-minute video, no date. Psychologist, Dr. Deanne Simons offers tips on how to maintain good mental health in the midst of the pandemic.

<https://www.ctvnews.ca/video?clipId=1922408>

**COVID-19: Managing Stress in this Anxious Time (source: Institute for Disaster Mental Health)**

Print article, no date. 5-page document offering strategies for managing stress and anxiety associated with COVID-19. Strategies are organized into the following categories: name it change it; change what you can; accept what you can’t change; choose your news carefully; don’t judge yourself or others; and stay connected.

<https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>

**Those forced to self-isolate should try to maintain as much normalcy as possible says Psychologist (source: Calgary Herald)**

Print article, March 20, 2020. Psychologist, Dr. Patrick Baillie, discussing the importance of maintain some sense of normalcy during the pandemic.

<https://calgaryherald.com/news/local-news/those-forced-to-self-isolate-should-try-to-maintain-as-much-normalcy-as-possible-says-psychologist/>

**What to do if You’re Anxious or Worried about Coronavirus (COVID-19; source: Anxiety Canada)**

Print article, March 11, 2020. Psychologists Dr. Maureen Whittal, Dr. Lynn Miller, and Dr. Melisa Robichaud offer suggestions about how to manage anxiety and worry about COVID-19.

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

**Coping with and Preventing COVID-19 (source: Canadian Psychological Association)**

Print article, March 13, 2020, updated April 3, 2020. Provides general information about COVID-19, ways to keep safe, psychological reactions, and tips for how to stay calm but appropriately vigilant.

<https://cpa.ca/docs/File/Publications/FactSheets/PsychologyWorksFactSheet-COVID-19.pdf>

### **Psychological Impacts of the Coronavirus (COVID-19; source: Canadian Psychological Association)**

Print article, March 20, 2020. Provides information regarding assessing and coping with risk of contracting COVID-19, how to manage stress, taking care of family, taking care of people in quarantine, and signs and symptoms that might indicate the need for professional help.

[https://cpa.ca/docs/File/Publications/FactSheets/PW\\_Psychological\\_Impacts\\_COVID-19.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_Psychological_Impacts_COVID-19.pdf)

### **Coping with COVID-19 Town Hall (source: Anxiety Canada)**

1-hour video, March 26, 2020. An international panel of anxiety experts discuss a number of topics including: dealing with anxiety associated with uncertainty, feelings of isolation, urges to hoard/stockpile household items, and how to help younger family members and seniors.

<https://www.anxietycanada.com/articles/coping-with-covid-19-town-hall/>

### **Managing Stress during COVID-19 (source: Manitoba Government)**

Print article, March 25, 2020. A government webpage that includes information managing stress for you and your family, five steps for staying healthy, common thoughts during pandemics, caring for seniors, helping youth to cope, and outside supports and resources.

<https://www.gov.mb.ca/covid19/prepareandprevent/managingstress.html>

### **Mindfulness Exercise for Anxiety and Worry Association with the COVID-19 Pandemic (source: Beck Institute)**

9-minute video, March 31, 2020. Psychologist, Dr. Robert Hindman, from the Beck Institute provides general information about worry and takes viewers through a brief mindfulness exercise to help with worry and anxiety associated with COVID-19

[https://beckinstitute.org/a-short-mindfulness-exercise/?utm\\_source=newsletter&utm\\_medium=email&utm\\_content=Mindfulness%20Practice&utm\\_campaign=March%202020%20Newsletter](https://beckinstitute.org/a-short-mindfulness-exercise/?utm_source=newsletter&utm_medium=email&utm_content=Mindfulness%20Practice&utm_campaign=March%202020%20Newsletter)

### **Tips for Working from Home**

#### **Working from Home During COVID, With and Without Children (source Canadian Psychological Association)**

Print article, March 17, 2020. Offers tips on creating an effective work environment, setting up schedules, maintaining good communication and boundaries, and keeping children entertained or engaged during work hours.

[https://cpa.ca/docs/File/Publications/FactSheets/PW\\_COVID-19\\_Working%20from%20Home.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_COVID-19_Working%20from%20Home.pdf)

### **COVID-19 and Health Care Providers' Mental Health**

#### **Emotional and Psychological Challenges Faced by Frontline Health Care Providers During the COVID-19 Pandemic (source: Canadian Psychological Association)**

Print article, April 7, 2020. Comprehensive article reviewing some of the common challenges and stressors facing healthcare providers and strategies to reduce their impact.

[https://cpa.ca/docs/File/Publications/FactSheets/PW\\_COVID-19\\_FrontLineHealthCareProviders.pdf](https://cpa.ca/docs/File/Publications/FactSheets/PW_COVID-19_FrontLineHealthCareProviders.pdf)

**Psychological Coping During a Pandemic for Registered Nurses (source: Psychological Association of Alberta & Manitoba Psychological Society)**

Print article, May 5, 2020. Highlights strategies based on psychological research to assist registered nurses through the challenges associated with working during a pandemic.

**COVID-19 and Students' Mental Health**

**Student Wellness and COVID-19 (source: Canadian Psychological Association)**

Print article, April 2, 2020. Comprehensive article describing typical challenges experienced by students and strategies to maximize good mental health during the pandemic.

<https://cpa.ca/psychology-works-fact-sheet-student-wellness-and-covid-19/>

**COVID-19 and Parenting: Supporting Children, Teenagers, and Young Adults**

**Kids and COVID-19: Experts have advice for keeping children's anxiety about emerging virus at bay (source: Winnipeg Free Press)**

Print article, March 16, 2020. Psychologists, Dr. Rehman Abdulrehman and Dr. Leslie Roos, offer advice to parents for helping their children through the pandemic.

<https://www.winnipegfreepress.com/arts-and-life/kids-and-covid-19-568820662.html>

**Talking to kids about COVID-19 (source: Anxiety Canada)**

Print article, March 24, 2020. Psychologists Dr. Felicity Sapp and Dr. Daniel Chorney provide lots of useful tips and examples of specific language to use when talking to children about COVID-19.

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

**Talking to Kids About the Coronavirus: Kids Worry More When They're Kept in the Dark (source: Child Mind Institute)**

Print article with 5- minute video. Psychologist Dr. Jamie Howard offers practical suggestions for talking to our children about COVID-19 and how to best help them through the pandemic.

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

**Supporting Teenagers and Young Adults During the Coronavirus Crisis (source: Child Mind Institute)**

Print article, no date. Psychologist Dr. Anderson offers suggestions to parents for supporting their teenage and young adult children through the COVID-19 pandemic.

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

**Helping Teens Cope with the Impacts of and Restrictions Related to COVID-19 (source: Canadian Psychological Association).**

Print article, March 31, 2020. Article outlining common responses to COVID-19 and strategies to help adolescents cope with the current pandemic.

<https://cpa.ca/psychology-works-fact-sheet-helping-teens-cope-with-the-impacts-of-and-restrictions-related-to-covid-19/>

**Coping with COVID-19 Town Hall (source: Anxiety Canada)**

1-hour video, March 26, 2020. An international panel of anxiety experts discuss a number of topics including: dealing with anxiety associated with uncertainty, feelings of isolation, urges to hoard/stockpile household items, and how to help younger family members and seniors.

<https://www.anxietycanada.com/articles/coping-with-covid-19-town-hall/>

**Toolkit for Emotional Care During Social Distancing: Practical Strategies for Separated Parents and their Children (source: Lyn R. Greenberg, Ph.D.)**

Print article, no date. Psychologist, Dr. Lyn Greenberg, offers practical parenting strategies for separated parents. A list of free and low-cost online services related to stress management, educational and learning, fund activities, exercise and general COVID-19 resources is also provided.

**A Daily Schedule for Parents During These Strange Days (source: CBC Parents)**

Print article, March 17, 2020. CBC Parents Staff offer suggestions for parents and their children to maintain a daily schedule (downloadable schedule available).

<https://www.cbc.ca/parents/play/view/a-daily-schedule-for-parents-during-these-strange-days>

**General Resources for Coping with Anxiety**

**Anxiety Canada**

The Anxiety Canada website is a reputable site offering helpful resources regarding anxiety in children, adolescent, and adults.

<https://www.anxietycanada.com/>

**Local Mental Health Resources**

**Psychologists**

If you are trying to locate a psychologist we encourage you to access the psychology directory on our website (<https://mps.ca/find-psychologist/>). Please note that given the current health recommendations, psychologists may or may not be offering in-person appointments at this time and some may be offering services via telephone or videoconferencing. Psychology services may be available through the public healthcare system or through private psychology offices. Private psychology services are not covered by Manitoba Health but may be covered by your extended health insurance.

### **Mental Health Crisis and Non-Crisis Regional Services**

The Government of Manitoba website provides information regarding various regional mental health services. Information related to COVID-19 and mental health has been added to many regional sites.

<https://www.gov.mb.ca/health/mh/crisis.html>

### **Anxiety Disorders Association of Manitoba (ADAM)**

ADAM has recently opened a new support line for individuals experiencing increased anxiety related to COVID-19. Services are available Monday through Friday from 9:00 am – 9:00 pm and Saturday and Sunday from 10:00 am – 4:00 pm. Call 204-925-0040

<http://www.adam.mb.ca/blog/adam-s-new-support-line-info>

### **Mood Disorders Association of Manitoba (MDAM)**

MDAM continues to offer their telephone peer support program for individuals experiencing a mental illness. Telephone support is provided Monday through Friday from 9:00 am – 9:00 pm and weekends from 10:00 am – 4:00 pm. Call 204-786-0987 or 1-800-263-1460

<http://www.mooddordersmanitoba.ca/>

### **Sara Riel Inc.**

Sara Riel offers three services remotely, on the phone, to anyone 18 years and older:

The Seneca Warm Line, a 24 hour telephone line available to anyone looking to sort their thoughts and feelings with a peer who has experience with addiction and mental health challenges (204-947-9276 or 204-231-0217)

The Employment Warm Line, for anyone experiencing a challenging financial time or in need of employment during this unprecedented time (204-237-9263 ext. 137)

The Employer Warm Line is open to managers and employers to help provide resources and guidance on wellness services for themselves and their workforce during this unprecedented time (204-237-9263 ext. 125).

<https://www.sararielinc.com/language/en/home/>

### **Kids Help Phone**

Trained counsellors are available to help young people. Call 1-800-668-6868 toll free, live chat <https://kidshelpphone.ca/live-chat/> or text “CONNECT” to 686868; 24 hours a day, seven days a week.

### **Youth Emergency Crisis Stabilization System**

Supports are available for young people in crisis by calling 204-949-4777 in Winnipeg; 1-888-383-2776 toll free; 24 hours a day, seven days a week.

**Crisis Response Center in Winnipeg**

A Mobile Crisis Line is available 24 hours a day, seven days a week. Call 204-940-1781.

**Manitoba Suicide Line**

Contact 1-877-435-7170 toll free if you or someone you know is thinking of suicide. Services is available 24 hours per day, seven days per week. Information is also available on their website <https://www.reasonstolive.ca>

**Manitoba Farm, Rural, and Northern Support Services**

This program provides telephone and on-line counseling to farmers, rural, and northern Manitobans. Call toll free 1-866-367-3276, 10:00 am – 9:00 pm weekdays or visit their website for online counseling and other resources <https://supportline.ca>

**Klinic Community Health Centre**

The 24-hour crisis line is available seven days a week and provides counselling and referrals for all Manitobans and can be reached at 204-786-8686 in Winnipeg, or toll free 1-888-322-3019

**Seniors Information Line**

Provides information on supports for seniors across the province. Call 204-945-6565 in Winnipeg; 1-800-665-6565 toll free; 8:30 a.m. to 4:30 p.m. weekdays.

**Age & Opportunity: Support Services for Older Adults**

This program is continuing to offer their Senior Centre without Walls during COVID-19. This is a telephone-based service that offers opportunities for daily social connection to Manitobans 55+. Call 1-888-333-3121 to learn more or visit their website <https://www.aosupportservices.ca/wp-content/uploads/2020/03/SCWW-Daily-Hello-info-Mar-19-202-FINAL-2.pdf>