



# WEBINAR RESOURCES: COVID-19 IMPACTS: ADDRESSING MENTAL HEALTH ISSUES IN ADULTS

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## Online Resources

### *General Resources*

- [Pregnancy Vancouver](#): Includes a section for mental health and coping during COVID-19
- [Anxiety Canada](#): Includes a section on anxiety and dealing with COVID-19.
- [Canadian Mental Health Association](#): includes resources for self care and care for self and others
- [Collaborative Toolbox](#): a 'one-stop-shop' of resources created and curated by members of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, a partnership of Doctors of BC and the BC government.
- [Park Prescriptions](#): PaRx is an initiative of the BC Parks Foundation, driven by health-care professionals who want to improve their patients' health by connecting them to nature. Featuring practical resources like quick tips and patient handouts, its goal is to make prescribing time in nature simple, fun and effective.
- [Mental Health First Aid COVID-19 Self-Care & Resilience Guide](#): a program of the Mental Health Commission of Canada.

### *Government of BC Resources*

- [HealthLinkBC Mental Health and COVID-19](#): includes resources for various segments i.e. adult/older adult/indigenous/youth
- [Government of BC Virtual Mental Health Supports During COVID-19](#): a list of virtual mental health services including free/low cost counselling.
- [CBT Skills Group](#): In response to COVID-19 all CBT skills groups are being offered online.
- [Bounce Back](#): a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
- [First Nations Health Authority](#):

### *For children/youth and families*

- [Compass Mental Health](#): a province-wide service that supports evidence-based care to all BC children and youth (0-25) living with mental health and substance use concerns. This is done by supporting community care providers with the information, advice and resources they need to deliver appropriate and timely care to children and youth close to home.
- [Kelty Mental Health Resource Centre](#): resources related to child and youth mental health for the families, children, and youth that you see as healthcare professionals.

### *Pathways Resources*

- [Physician Resources and Tools](#) - For Clinicians including screeners
  - Direct link: <https://pathwaysbc.ca/specialties/35#eyJ0YWJzljp7fSwic2VsZWNOZWZRUyWJLZXkiOiJjb250ZW50Q2FOZWdvcnkxMSIsInNlYXJjaFRIcm0iOiIlifQ>
- [Patient Info Items](#) - For patients
  - Direct link: <https://pathwaysbc.ca/specialties/35#eyJ0YWJzljp7fSwic2VsZWNOZWZRUyWJLZXkiOiJjb250ZW50Q2FOZWdvcnk1Iiwic2VhcmNoVG9ybSI6Ij9>
- [Health Authority and Community Services](#) - For services offered by health authorities and community services
  - Direct link: [https://pathwaysbc.ca/service\\_categories/22](https://pathwaysbc.ca/service_categories/22)
- [How to email patient resources in pathways \(Video\)](#)

## App Resources

- Mindshift App
  - uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

## Phone Resources

- 1-877-2BE-CALM
  - A toll-free telephone number to bring calmness and joy to your day. Use this for a moment of music, joke of the day or nature sounds.