

# SUPPORTS

for health care and  
essential services workers  
during COVID-19



## BCPA COVID-19 PSYCHOLOGICAL SUPPORT SERVICE

*BC Psychologist Association (BCPA)*

Free and confidential 30 minute session with psychologist. Complete online form and receive a call back within 24 hours. For anyone in BC.

Website: <https://www.psychologists.bc.ca/covid-19-resources>

Phone: 604-827-0847

## CPA COVID-19 PSYCHOLOGICAL SUPPORT SERVICES

*Canadian Psychologist Association (CPA)*

Free and confidential session for health service providers. Visit website, choose region, and receive a call back within 24 hours.

Website: <https://cpa.ca/corona-virus/psychservices/>

## EMPLOYER MENTAL HEALTH PROGRAM

Contact your employer to determine access and available supports

## MOBILE RESPONSE TEAM

Confidential and free. 24/7 immediate, short-term support to those who have been impacted by critical incidents such as multiple overdoses and/or deaths during the course of their work

Phone: 1-888-686-3022

Email: [MRT@phsa.ca](mailto:MRT@phsa.ca)

## THE WORKING MIND COVID-19 SELF-CARE & RESILIENCE GUIDE

*Mental Health Commission of Canada*

A guide with resources to create a self-care and resilience plan.

Website:

[https://www.espritautravail.ca/sites/default/files/twm\\_self-care-resilience-guide.pdf](https://www.espritautravail.ca/sites/default/files/twm_self-care-resilience-guide.pdf)

## COPING WITH COVID-19

*Anxiety Canada*

Webinars, articles, and online courses

Website: <https://www.anxietycanada.com/covid-19/>

## RESOURCE: SELF-ISOLATION AND QUARANTINE

*Centre for Addictions and Mental Health (Ontario)*

Tips, tools, and resources for public and health care workers including self-isolation and quarantine

Website: <http://www.camh.ca/>

## MENTAL HEALTH HUB

*Canadian Mental Health Association*

Resources and suggestions to help support your mental health at this time of uncertainty. General programs include BounceBack (free skill-building program to address anxiety, stress, and worry), Confident Parents Program (for parents aged 3-12 support anxiety and behavioural challenges),

Website: <https://cmha.ca/news/covid-19-and-mental-health>