

## COVID-19: Mental Health Resources

The impacts of COVID-19 are far-reaching, fast-moving, and complex. Dealing with the effects of this pandemic can be challenging for employers, and it is crucial to support workers' mental health, as well your own.

### What can employers do?

- Have a business continuity plan in place. The Canadian Centre for Occupational Health and Safety offers several [free resources](#).
- Ensure workers have access to mental health services and employee assistance programs.
- Update your emergency response and communication plans to include pandemic illnesses and health and risk education. Communicate plans with workers.

### What can supervisors do?

- Stay in touch with members of your workforce.
- Access the resources below to learn how to better identify and support mental health issues.
- Help ensure the physical health of your workforce:
  - Practice physical distancing—stay 2 m apart.
  - Regularly disinfect frequently touched surfaces.
  - Ensure hand washing facilities are available and encourage workers to wash hands frequently.

### Seek advice from the experts

Energy Safety Canada gathered a collection of reliable resources with information and advice for coping during these uncertain times:



- Series of videos on different aspects of mental health: coping with anxiety, job loss, dealing with isolation, etc. [“Mental Health and COVID-19”](#), Conference Board of Canada



- Printable two-page poster with mental health tips and resources. [“Taking Care of Your Mental Health \(COVID-19\)”](#), Public Health Agency of Canada
- Employer resources for navigating COVID-19 and its impact. [“COVID-19: What Canadian Employers Need to Know”](#), Conference Board of Canada



- Podcast that provides guidance on managing anxiety and staying mentally healthy. [“COVID-19: How can I manage my anxiety and take care of my mental health?”](#), The Dose, CBC
- Podcast that provides advice from AHS Addiction and Mental Health Provincial Medical Director, Dr. Nicholas Mitchell. [“Dr. Mitchell on reducing stress and creating new routines”](#), Alberta Health Services (AHS)



- Series of recorded webinars on mental health and coping strategies. [“Tactics for maintaining mental fitness during COVID-19”](#), Conference Board of Canada
- Mental health resources in Alberta. [“Help in tough times”](#), Alberta Health Services (AHS)
- Mental health resources in Saskatchewan. [“Managing your mental health through COVID-19”](#), WorkSafe Saskatchewan
- Mental health resources in British Columbia. [“Managing COVID-19 Stress, Anxiety & Depression”](#), Government of British Columbia