

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