

COVID-19 and mental health

A pandemic is a very stressful event for individuals and communities. It's normal to feel some stress and anxiety. It's also very common for people to display great resiliency during times of crisis.^[1]

We should remember that this is absolutely the time to lean on each other. Even if we can't be close physically, we need to stay close emotionally. So, while you're staying in, stay in touch with each other, and reach out if you need support.

CMHA has put together some resources and suggestions to help support your mental health at this time of uncertainty.

We encourage you to share this page. We will be updating it regularly, so please check back for new resources.

Relevant resources:

Self-care and more

[Wellness Together Canada](#)

[CMHA Ontario offers tips to support mental health amid concerns of COVID-19 pandemic](#)
[Pandemic pushing your anxiety buttons?](#)

[‘Social distancing’ is a misnomer: we should be physically distancing, but remain as social as ever](#)

[I'm feeling stressed due to the pandemic](#)

[MHCC – Resources Hub: Mental Health and wellness during the COVID-19 pandemic](#)

[McGill – Dr. Turecki's COVID-19 stress management tips](#)

[Social connection is the cure](#)

[Your Social Distancing Survival Guide](#)

[Listening: how to make your social interactions real](#)

[Kindness is contagious. Not just fear](#)

[More than simply “fine”](#)

[Grieving](#)

Workplace Mental Health

[6 tips to respond to employee anxiety about COVID-19](#)

[Why working from home is so exhausting and how to reinvigorate](#)

[Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected](#)

[Working from Home During COVID, With and Without Children](#)

[How to cope with social distancing and working from home](#)

Caring for others

[Caring for children in the COVID-19 crisis](#)

[Discovery College Kelowna – Coping with Current Events: A Parent, Family and Caregiver Toolkit](#)

[Tools for people aged 70 and over and caregivers](#)

[Screens and your child: the inside scoop](#)

[Tips on how to really listen](#)

Here are some credible sources of information that we recommend:

- Your local public health unit
- Your [provincial/territorial public health authority](#)
- The [Government of Canada's COVID-19 web page](#)
- [World Health Organization](#)

What is happening at my local CMHA?

If you are looking for the CMHA in your community, you can find it [here](#). Check their website for local news and information.