



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

# Caring for Yourself During the COVID-19 Pandemic

Mental Health VIRTUAL Training

Course Handout  
Modules 1 & 2

# Mental Health Continuum Self-check

Check the signs and indicators that really speak to how you experience stress and write any additional changes you might notice in 'my personal changes' section.

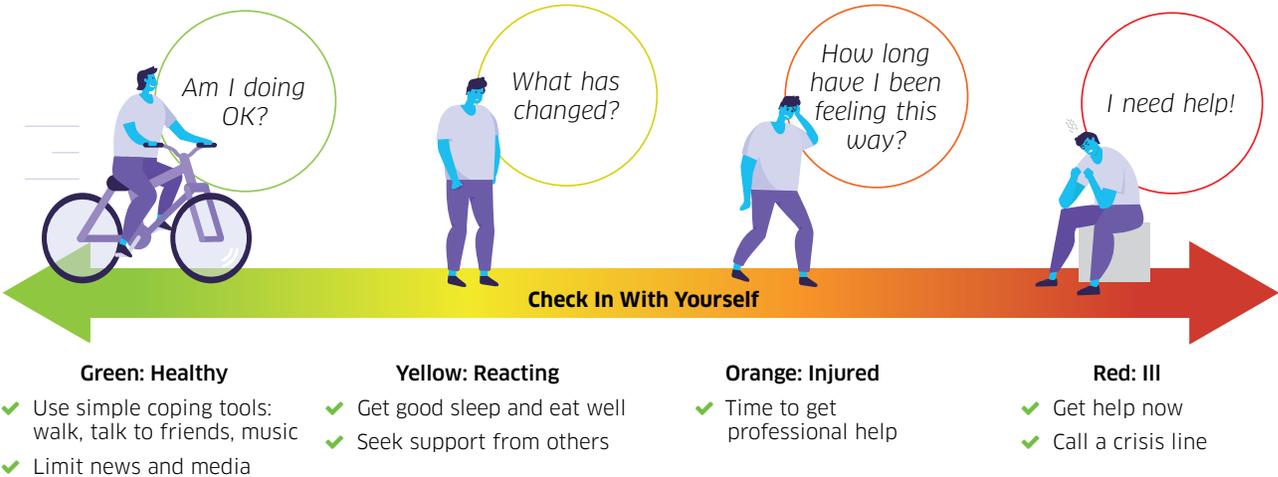
	HEALTHY	REACTING	INJURED	ILL
Changes in Mood	<input type="checkbox"/> Normal mood fluctuations <input type="checkbox"/> Calm <input type="checkbox"/> Confident	<input type="checkbox"/> Irritable <input type="checkbox"/> Impatient <input type="checkbox"/> Nervous <input type="checkbox"/> Sadness	<input type="checkbox"/> Angry <input type="checkbox"/> Anxious <input type="checkbox"/> Pervasive Sadness	<input type="checkbox"/> Easily enraged <input type="checkbox"/> Excessive anxiety/panic <input type="checkbox"/> Depressed mood, numb
Changes in Thinking and Attitude	<input type="checkbox"/> Good sense of humour <input type="checkbox"/> Takes things in stride <input type="checkbox"/> Ability to concentrate and focus on tasks	<input type="checkbox"/> Displaced sarcasm <input type="checkbox"/> Intrusive thoughts <input type="checkbox"/> Sometimes distracted or lost focus on tasks	<input type="checkbox"/> Negative attitude <input type="checkbox"/> Recurrent intrusive thoughts/images <input type="checkbox"/> Constantly distracted or cannot focus on tasks	<input type="checkbox"/> Non compliant <input type="checkbox"/> Suicidal thoughts/intent <input type="checkbox"/> Inability to concentrate, loss of memory or cognitive abilities
Changes in Behavior and Performance	<input type="checkbox"/> Physically and socially active <input type="checkbox"/> Performing well	<input type="checkbox"/> Decreased activity/socializing <input type="checkbox"/> Procrastination	<input type="checkbox"/> Avoidance <input type="checkbox"/> Tardiness <input type="checkbox"/> Decreased performance <input type="checkbox"/> Begins to pull away from family	<input type="checkbox"/> Withdrawal <input type="checkbox"/> Absenteeism <input type="checkbox"/> Can't perform duties/tasks <input type="checkbox"/> Is not mentally present at home
Physical Changes	<input type="checkbox"/> Normal sleep patterns <input type="checkbox"/> Good appetite <input type="checkbox"/> Feeling energetic <input type="checkbox"/> Maintaining a stable weight	<input type="checkbox"/> Trouble sleeping <input type="checkbox"/> Changes in eating <input type="checkbox"/> Some lack of energy <input type="checkbox"/> Some weight loss or gain	<input type="checkbox"/> Restless sleep <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Some tiredness or fatigue <input type="checkbox"/> Fluctuations or changes in weight	<input type="checkbox"/> Cannot fall/stay asleep <input type="checkbox"/> No appetite <input type="checkbox"/> Constant lasting fatigue/exhaustion <input type="checkbox"/> Extreme weight loss or gain
Changes in Addictive Behaviours	<input type="checkbox"/> Limited alcohol consumption, no binge drinking <input type="checkbox"/> Limited/no addictive behaviours <input type="checkbox"/> No trouble/impact (social, economic, legal, financial) due to substance use	<input type="checkbox"/> Regular to frequent alcohol consumption, limited binge drinking <input type="checkbox"/> Some regular to addictive behaviours <input type="checkbox"/> Limited to some trouble/impact due to substance use	<input type="checkbox"/> Frequent alcohol consumption, binge drinking <input type="checkbox"/> Struggle to control addictive behaviours <input type="checkbox"/> Struggle to control addictive behaviours	<input type="checkbox"/> Regular to frequent binge drinking <input type="checkbox"/> Addiction <input type="checkbox"/> Significant trouble/impact due to substance use
My Personal Changes	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> <hr/> <hr/>

# Mental Health Continuum Scenario

As a result of the current crisis, your workplace has made a lot of changes to its business operations including modified work duties and shifts. Many part-time employees have been laid off and many other front-line workers, like yourself, have been working extended hours, taking on extra duties and facing increased health risks. In the last week or so, you have been feeling exhausted, frustrated and overwhelmed and one day, you break down crying in front of everyone. You are worried about getting sick and losing your family income if you can't keep going this way.

Refer to the Mental Health Continuum Poster to help guide your discussion.

## How am I Doing?



### Questions

1. What signs and indicators are you noticing?

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2. Where might you be on the continuum?

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3. Where can you go, what can you do and who can you talk to at this time?

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# Big 4 Scenario

You are usually a very patient and easy-going person who likes to make jokes. Lately, you've lost your sense of humour and you're feeling more frustrated about having to manage additional work while trying to take care of your family and worry about your elderly parents. You would like to ask your boss for help but, with the recent layoffs, the last thing you want is for your boss to feel like you're not able to do your job. You often catch yourself thinking negative thoughts such as 'I'm such a failure', 'I'm going to lose my job' and 'I should be able to do more'. The constant worry is keeping you up at night.

## The Big 4 Strategies



### Questions

1. What signs and indicators are you noticing?  
\_\_\_\_\_  
\_\_\_\_\_
2. Where might you be on the Mental Health Continuum (green - healthy; yellow - reacting; orange - injured; red - ill)?  
\_\_\_\_\_  
\_\_\_\_\_
3. Which of the Big 4 strategies would you use and in what order?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# COVID-19 Resources

MHCC Resource Hub: Mental health and wellness during the COVID-19 pandemic  
<https://www.mentalhealthcommission.ca/English/covid19>

## MHCC Resources in Response to COVID-19

- Choosing sources of information  
<https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says>
- Mental Health First Aid COVID-19 Self-Care & Resilience Guide  
<https://www.mhfa.ca/en/blog/mental-health-first-aid-covid-19-self-care-resilience-guide>
- The Working Mind COVID-19 Self-care & Resilience Guide  
<https://theworkingmind.ca/blog/working-mind-covid-19-self-care-resilience-guide>
- Tips on talking to someone in crisis during COVID-19  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-03/Tips\\_Active\\_Listening\\_COVID\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-03/Tips_Active_Listening_COVID_eng.pdf)
- Caregiving in the era of COVID-19: What to expect, and how to cope  
[https://www.mentalhealthcommission.ca/sites/default/files/2020-04/fact\\_sheet\\_caregivers\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2020-04/fact_sheet_caregivers_eng.pdf)
- Webinar - Best Practices for Supporting the Mental Health of Healthcare Workers During Covid-19  
<https://theworkingmind.ca/blog/best-practices-supporting-mental-health-healthcare-workers-during-covid-19>
- First Responder Q&A COVID-19 Resource  
<https://theworkingmind.ca/first-responder-qa-covid-19-resource>

## External COVID-19 Resources

Canadian Emergency Crisis Centres  
<https://thelifelinecanada.ca/help/crisis-centres/canadian-crisis-centres/>

Government of Canada

- Latest information about COVID-19  
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- Your provincial/territorial public health authority  
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet.html#pha>
- Wellness Together Canada: Mental Health and Substance Use Support  
<https://ca.portal.gs/>

Bell Lets Talk

- Let's get through this together  
<https://letstalk.bell.ca/en/covid-19>

Canadian Association of College and University Student Services

- Resources and Support regarding COVID-19  
<https://community.cacuss.ca/communities/community-home?CommunityKey=8960b6d5-390b-4e3d-86cc-f0239fcde3e1%E2%81%A3%E2%81%A3>

Canadian Centre for Occupational Health and Safety

- Workplace health and safety  
<https://www.ccohs.ca/oshanswers/diseases/coronavirus.html>

Canadian Centre on Substance Use and Addiction

- Impacts of COVID-19 on Substance Use  
<https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>

## Canadian Federation of Agriculture

- COVID-19 Resources  
<https://www.cfa-fca.ca/resources/resources-on-covid-19/>

## Canadian Mental Health Association (CMHA)

- Resources to support mental health  
<https://cmha.ca/news/covid-19-and-mental-health>
- Caring for children in the COVID-19 crisis  
<https://cmha.ca/news/caring-for-children-in-the-covid-19-crisis>

## Canadian Paediatric Society

- COVID-19 information and resources for pediatricians  
<https://www.cps.ca/en/tools-outils/covid-19-information-and-resources-for-paediatricians>

## Canadian Psychological Association

- COVID-19. Psychologists giving back to front line service providers  
<https://cpa.ca/corona-virus/psychservices/>
- “Psychology Works” Fact Sheets  
<https://cpa.ca/psychologyfactsheets/>

## Centre for Addiction and Mental Health (CAMH)

- Coping with stress and anxiety  
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

## Centers for Disease Control and Prevention (CDC)

- COVID-19 Stress and Coping  
[https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html)

## CHAMPLAIN Community Support Services

- COVID-19 and Support Services for Seniors  
<https://communitysupport.covidresponse.ca/?fbclid=IwAR2WB->

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## Children’s Mental Health Ontario (CMHO)

- Mental health and children  
<https://www.cmho.org/covid19>

## Conference Board of Canada

- Helping organizations navigate COVID-19 pandemic  
<https://www.conferenceboard.ca/insights/covid-19>

## Jack.org

- Mental health and young people  
<https://jack.org/Stories/Our-mental-health-during-COVID-19?lang=en-ca>

## Kids Help Phone

- Mental health and young people  
[https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/?\\_ga=2.157240315.1144845767.1585584138-732389709.1584470530](https://kidshelpphone.ca/get-involved/programs-resources/resources-caring-adults/supporting-the-young-people-in-your-life-during-covid-19/?_ga=2.157240315.1144845767.1585584138-732389709.1584470530)

## Mental Health Foundation of Nova Scotia

- Where to get Support in Nova Scotia during COVID-19  
<https://www.mentalhealthns.ca/mental-health-resources-covid19>

## Mood Disorders Society of Canada

- Caring for your Mental Health during COVID-19  
<https://mdsc.ca/resources-caring-for-your-mental-health-during-covid-19/>

## Morneau Shepell

- WellCan: Free mental health digital resource for all Canadians  
<https://www.morneaushepell.com/ca-en/message-all-canadians>

## The National Farmers Union

- Farm Emergency Resources and Support  
<https://www.nfu.ca/help/>

Ontario Network of Sexual Assault/  
domestic Violence Treatment Centers

- Healthcare options-Crisis support and  
Counselling during COVID-19  
<https://www.sadvtreatmentcentres.ca/>

Royal College of Physicians and Surgeons  
of Canada

- Wellness resources for health  
professionals  
[http://www.royalcollege.ca/rcsite/documents/  
about/covid-19-wellness-resources-hp-e](http://www.royalcollege.ca/rcsite/documents/about/covid-19-wellness-resources-hp-e)

Sick Kids

- Taking care of your mental health  
<https://www.aboutkidshealth.ca/COVID-19>

School Mental Health Ontario

- School Mental Health Ontario has  
some tips and resources to help to  
support student mental health during  
the COVID-19 pandemic  
<https://smho-smso.ca/covid-19/>

Youth Mental Health Canada

- Mental Health resources during  
COVID-19  
<https://ymhc.ngo/resources/covid-19/>

## Provincial and Territorial sources of information

Québec

- Stress, Anxiety and Depression  
Associated With the Coronavirus  
COVID-19 Disease  
[https://www.quebec.ca/en/health/health-  
issues/a-z/2019-coronavirus/stress-anx-  
iety-and-depression-associated-with-the-cor-  
onavirus-covid-19-disease/](https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/stress-anxiety-and-depression-associated-with-the-coronavirus-covid-19-disease/)

Alberta

- COVID-19 and Your Mental Health  
[https://www.albertahealthservices.ca/assets/  
info/amh/if-amh-mhpiip-disaster-pandemic-  
covid-19-and-your-mental-health.pdf](https://www.albertahealthservices.ca/assets/info/amh/if-amh-mhpiip-disaster-pandemic-covid-19-and-your-mental-health.pdf)
- Text4Hope- Supporting Mental Health  
& Wellness in a Time of Stress &  
Isolation  
[https://www.albertahealthservices.ca/topics/  
Page17019.aspx](https://www.albertahealthservices.ca/topics/Page17019.aspx)

British Columbia

- Managing COVID-19 Stress, Anxiety &  
Depression  
[https://www2.gov.bc.ca/gov/content/  
health/managing-your-health/  
mental-health-substance-use/  
managing-covid-stress](https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/managing-covid-stress)

Manitoba

- Care for Your Mental Health  
[https://manitoba.ca/covid19/bewell/index.  
html](https://manitoba.ca/covid19/bewell/index.html)

New Brunswick

- Mental Health and Coping During  
COVID-19  
[https://www2.gnb.ca/content/gnb/en/  
departments/ocmoh/cdc/content/respiratory\\_  
diseases/coronavirus/mental-health-and-cop-  
ing-during-covid-19.html](https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus/mental-health-and-coping-during-covid-19.html)

Newfoundland and Labrador

- Mental Health and Wellness  
[https://www.gov.nl.ca/covid-19/  
mental-health-and-wellness/](https://www.gov.nl.ca/covid-19/mental-health-and-wellness/)

North West Territories

- Mental Health Resources for COVID-19  
[https://www.nthssa.ca/en/services/  
coronavirus-disease-covid-19-updates/  
mental-health-resources-covid-19](https://www.nthssa.ca/en/services/coronavirus-disease-covid-19-updates/mental-health-resources-covid-19)

Nova Scotia

- Mental health and well-being: novel  
coronavirus (COVID-19)  
[https://novascotia.ca/coronavirus/  
mental-health/](https://novascotia.ca/coronavirus/mental-health/)

## Nunavut

- Managing Anxiety and Stress during COVID-19  
[https://gov.nu.ca/sites/default/files/managing\\_anxiety\\_and\\_stress\\_during\\_covid-19\\_-\\_eng.pdf](https://gov.nu.ca/sites/default/files/managing_anxiety_and_stress_during_covid-19_-_eng.pdf)

## Prince Edward Island

- Mental Health Supports  
<https://www.princeedwardisland.ca/en/topic/mental-health-supports>

## Saskatchewan

- Coping in Self isolation  
<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/resources/coping-in-self-isolation>

## Yukon

- Find COVID-19 counselling and crisis support  
<https://yukon.ca/en/health-and-wellness/covid-19/find-covid-19-counselling-and-crisis-support>

## Ontario

- Find mental health support  
<https://www.ontario.ca/page/find-mental-health-support>

## Suggested Reading

10 Ways You Can Support Someone Grieving During the Coronavirus Crisis  
[www.huffingtonpost.ca/entry/ways-to-support-someone-grieving-coronavirus\\_l\\_5e95b255c5b6cc788eaf533d](http://www.huffingtonpost.ca/entry/ways-to-support-someone-grieving-coronavirus_l_5e95b255c5b6cc788eaf533d)

## Learn more!

Mental Health First Aid Training  
<https://www.mhfa.ca/>

The Working Mind Training  
<https://theworkingmind.ca/>