

COVID-19 Resources:

COVID-19 Specific Resources/Articles

- Briefing note on addressing mental health and psychosocial aspects of COVID-19 Outbreak – Version 1.1: https://www.mhinnovation.net/sites/default/files/downloads/resource/MHPSS%20COVID19%20Briefing%20Note%20FINAL_ver%201.1%20-%202020%20March%202020-LORES.pdf
- Toll Free number across Canada for COVID-19 updates: 1-833-784-4397

Resources for those who are anxious

- Article: <https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>
- Article: <https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>
- Mindfulness Website: <https://www.mindful.org/meditati>
- Calm App: <https://www.calm.com/>
- Insight Timer App: <https://insighttimer.com/>

Government of Canada info and resources

- https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus

Reputable websites/resources:

- Vancouver Coastal Health Mental Health and Substance Use information: <http://www.vch.ca/your-care/mental-health-substance-use/community-mental-health-services>
- Canadian Mental Health Association: <https://cmha.ca/>
- Anxiety Canada: <https://www.anxietycanada.com/>
- Crisis Centre BC- In case you or someone you know is experiencing suicidal thoughts or a mental health crisis: <https://crisiscentre.bc.ca/>
- Call 8-1-1 or visit HealthLink BC for updates/symptom checking: <https://www.healthlinkbc.ca/>
- City of Vancouver : <https://vancouver.ca/home-property-development/covid-19-coronavirus-within-vancouver.aspx>
- Vancouver Rent Bank: <https://vancouver.ca/people-programs/financial-aid.aspx>
- World Health Organization: <https://www.who.int/>
- Babylon Health App: <https://www.babylonhealth.com/canadoctors>