



RESOURCE GUIDEBOOK

A Community Resource Guide for Greater Vancouver
to Help Support Mental Health & Emotional Well-Being During COVID-19



A Guide for Maintaining Your Emotional Well-Being During COVID-19

It is apparent that COVID-19 does not discriminate. All of the members of our community are experiencing challenges in various forms, it can be difficult and overwhelming to navigate current resources and news sources. We have put together a resource guide of useful tips and reliable resource links from the community to lean on during this time - staying healthy isn't just about not becoming ill, it is about keeping well emotionally, physically and interpersonally.

In this resource we will cover:

1. Emotional Well-being & Maintaining Mental Health
2. Useful links - Support For:
 - General Mental Health Support
 - Seniors
 - Parents
 - Youth
 - Substance Abuse
 - The LGBTQ+ Community
3. Tips for Maintaining Social Connections
4. Practicing Gratitude and Self-compassion

Emotional Well-Being & Maintaining Mental Health

Taking care of your emotional health during a disease outbreak will help you to fully take care of yourself and your family.

Dealing With Your Emotions in a Healthy Way

It is helpful to have a plan ready in the case that you start to feel overwhelmed. If feelings of overwhelm are difficult to manage, do not hesitate to get help or talk to a counselor or therapist if you need to. There are a variety of different resources available online, such as tele-therapy and video based support programs.

Useful Links:

General Mental Health Support

Wellness Together Canada - Offers free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals

Canadian Mental Health Association – B.C. Division: COVID-19 – Peer Support and System Navigation.

BounceBack - Free access to online, video and phone-based coaching and skill-building programs. People who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry, can receive care.

Living with worry and anxiety amidst global uncertainty – Psychology Tools

Jewish family and child service of Toronto – Additional useful links

Anxiety Canada - Evidence-based mental health relief through digital channels, free to download and use for all Canadians.

MindWell U

Mental Health Support for Seniors:

JFS Community Care Hotline – Offers Counselling/Emotional support, including friendly visit calls for those who are feeling isolated.

BC211 to register for the Safe Seniors, Strong Communities Program - Matches volunteers to seniors whose support network has been affected by the COVID-19 outbreak.

Mental Health Support for Parents:

EASE at Home – a collection of evidence-informed anxiety prevention and resilience-building resources for use with students in grades K-7

Parenting During COVID-19 by Petronella Grobbelaar (Psychologist).

Mental Health Support for Youth:

Foundry - Young people between the ages of 12-24 and their families can access youth-focused virtual clinics offering counselling, peer support, primary care and family services.

4Mental Health Support for Substance Use

Here to help – Assists with finding quality information, about mental health, learning new skills, and connecting with key resources in BC.

Impacts of COVID-19 on Substance Use - CCSA is the go-to place in Canada for trusted information on COVID-19 and substance use.

Mental Health Support for the LGBTQ+ Community

QMUNITY - A program works to improve queer, trans, and Two-Spirit lives.

Vancouver Pride Society - Resource guide targeted at LGBTQAI2S+ communities, from food banks to digital events to employment information.

Maintaining Social Connections

Talking to people you trust can help. Call, text, email or video chat with your friends and family. Research has shown that social support can make you more resilient to stress.

Tips on how to foster connection during periods of isolation:

- Check on your neighbors (call, text, or leave a note under their door or in their mailbox), especially if they are elderly. You might write a note with a short message.
- Learn a skill over YouTube or Udemy. (how to draw, sing, cook, etc.)

Here are some ideas to inspire your own creativity. Using FaceTime or other online meeting platforms (e.g., zoom), consider:

- Have dinner at the same time with friends. Make the same thing at different locations and compare.
- Throw an online game night or dance party.
- Watch television or movies together.
- Host a book club.

Useful Links:

JFS Community Care Hotline – JFS is offering “Friendly phone ‘visiting’” where our volunteers will be happy to have a friendly conversation with you when you feel the need to talk and connect with someone.

Practicing Gratitude & Self Compassion

Gratitude

Psychologists find that, over time, feeling grateful boosts happiness and can foster both physical and psychological health, even among those already struggling with mental health problems. Studies show that people can deliberately cultivate gratitude—and there are important social and personal benefits to doing so.

Here are some ways to foster gratitude:

- Keep a journal of or in some way note big and little joys of daily life.
- Write down "three good things" that came about from your day. Identify things that have gone well for you and identify the cause.
- Engage in "mental subtraction." Imagine what your life would be like if a particular positive event in your life had not occurred.



Self-Compassion

Kristin Neff, a very well-known self-compassion researcher, calls self-compassion “a healthier way of relating to yourself.” research shows that people who practice self-compassion have better mental health, less anxiety and depression, and are just as successful at meeting goals.

Links:

[10 Self-Compassion Practices for COVID-19](#)

[Self-Compassion Helps You Meet Life's Challenges](#)

[This Uncommon Practice Will Support You in Tough Times](#)

[Compassion and the Coronavirus pandemic](#)

Limiting Exposure to Media Coverage

Reduce the time you spend watching, reading or listening to media coverage, especially when you feel it's upsetting information.

Rely on Valid Information Sources

There is no greater antidote to fear than facts and we can choose where we want to get our facts from. Be aware that not everything being said about COVID-19 is accurate.

Gather information that will help you accurately determine your risk so that you can take responsible precautions. Go to trusted sources like [BC Ministry of Health](#), the [CDC](#) or the [World Health Organization](#). Do not hesitate to take time away from the news. It can be overwhelming to fixate on all of the news from the pandemic. Step away, and take time to take care of yourself.