

COVID-19 MENTAL HEALTH

There are virtual mental health supports available for youth, adults, seniors, and health care workers throughout the province of British Columbia. These services provide online mental health and substance use support. The services can include virtual counselling, senior volunteer services and crisis support. If you are struggling with your mental health, help is available, and you are not alone. Learn more [here](#).



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For additional information, please visit Health Link BC:
<https://www.healthlinkbc.ca/more/health-features/coronavirus-disease-covid-19/mental-health-covid>



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ADULTS

Change can be difficult, and you may be experiencing more stress and uncertainty. Understanding the facts about COVID-19 can help reduce this uncertainty and provide you with tools to cope. Learn how you can address your mental health needs by exploring the resources below.

- [Anxiety Canada: What to do if you are anxious about COVID-19](#)
- [Canadian Mental health Association: COVID-19 Stay Well in Uncertain Times](#)
- [Canadian Mental Health Association: Here to Help: COVID-19 and Anxiety](#)



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PARENTS AND CHILDREN

During this uncertain time, children may wonder why they can't see their friends or why they have to wash their hands more frequently. Providing children with a little guidance and extra nurturing can help reduce their stress levels during the pandemic. Learn how you can support your child by clicking on the links below.

- [Canadian Mental Health: Talking to children about COVID-19](#)
- [Doctors of BC/Child & Youth Mental health & Substance Use: Managing Anxiety and Stress in Families During COVID-19](#)
- [Stigma Free Society: Stigma-Free COVID-19 Youth Wellness Toolkit](#)



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TEENS

COVID-19 restrictions and evolving guidance may create uncertainty for some teens. This can essentially lead to increased anxiety, feelings of isolation and unhappiness. Emphasizing self-care and the prioritisation of mental health is a good way to lessen stress. To learn how you can help your teen, click on the information below.

- [Canadian Mental Health Association: Here to Help: COVID-19 and Anxiety](#)
- [Anxiety Canada: Anxiety in Youth](#)
- [Foundry Virtual](#)



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CAREGIVERS

As a health care worker who is caring for immunocompromised people, you might If you are you may feel extra stress and anxiety. Learn how to can reduce your stress and anxiety by clicking on the resource below.

- Care for Caregivers: COVID-19

INDIGENOUS PEOPLE

Cultural and mental health supports are available for during the COVID-19 pandemic. To learn how you can better address your needs, explore the resources below.

- First Nations Health Authority: COVID-19
- First Nations Health Authority: Mental Health and Cultural Supports During COVID-19
- First Nations Health Authority: First Nations Virtual Doctor of the Day