



COVID-19 and Mental Health



In these troubled times it is important to think about your mental health and the resources available to help cope with the added stress. Here are a couple of links to consider.

<https://cmha.ca/news/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.

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:

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

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.

What is happening with CMHA National's upcoming events and programs?

Please check the websites below to stay informed about any changes to plans and schedules.

- [Mental Health for All \(MH4A\) Conference](#)
- [Ride Don't Hide](#)
- [Peer Support Canada](#)
- [Not Myself Today](#)



The Province of **Ontario is increasing mental health support during COVID-19** by providing emergency funding of up to \$12 million to immediately expand online and virtual mental health supports for everyone, especially those on the front lines.