



Resources to Support Nurses' Mental Health During COVID-19

Given their integral role in responding to the COVID-19 pandemic, many nurses are facing increased challenges to their emotional health and wellbeing. You may be noticing increased feelings of stress, anxiety, sadness, and isolation. While these feelings are natural when facing stressors that are beyond our control, everyone reacts differently and these emotions can become overwhelming for some.

If you need help coping with this experience, you are not alone. There are many programs and resources available to you, below you will find information about a few trusted resources:

Psychological First Aid

The BC Psychological Association, in partnership with NNPBC, is providing health care providers with Psychological First Aid – “a brief (up to 30 minute) telephone consultation to provide you with information and strategies to help you cope with the stress associated with the COVID-19 pandemic.”

Care for Caregivers

The Canadian Mental Health Association and SafeCare BC have partnered to provide excellent resources especially for healthcare workers. “Whether you’re looking for up to date credible information to ease your mind, a free workshop to learn about resiliency, or quick daily coping tips, it’s here. This site provides a diverse collection of quick and easy resources to support your mental health.”

Virtual Mental Health Supports for Healthcare Workers

A number of virtual services including phone and text-based peer support.

Here to Help

Here to Help provides mental-health and substance-use information, including self-screening tools and referral information.

BC Crisis Centre

If you are in crisis, distress, or having thoughts of suicide, help is available – 24 hours a day, 7 days a week. If you or someone you know is having thoughts of suicide, call 1-800-784-2433 (1-800-SUICIDE), or call your local crisis centre.

Anywhere in BC 1-800-SUICIDE: 1-800-784-2433

Mental Health Support Line: 310-6789

Vancouver Coastal Regional Distress Line: 604-872-3311

Sunshine Coast/Sea to Sky: 1-866-661-3311

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)



Trusted Apps to support mental health & wellbeing

- [MindShift CBT](#)
- [Breathr Mindful Moments](#)
- [Ten Percent Happier Coronavirus Sanity](#)

Trusted Websites for more information about managing mental health during COVID-19

- [Anxiety Canada](#)
- [CMHA](#)
- [CAMH mental health for health professionals](#)

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Please feel free to direct any questions or inquiries to info@nnpbc.com.