



COVID-19 Supports for Health Care Assistants

Thank you for your amazing care to your residents, patients and clients during this pandemic!

Please take time to care for your own well-being and seek support as needed – either through services offered by your employer or other supports available via:

Mental Health Support for Health Care Providers: <https://www.careforcaregivers.ca/>

During these difficult times your mental health is a priority. 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, the [careforcaregivers.ca](https://www.careforcaregivers.ca) site provides a diverse collection of quick and easy resources to support your mental health.

Virtual Mental Health Supports: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

Mobile Response Team (MRT): Available to support the mental well-being and psychological safety of frontline care providers who are experiencing exponential distress due to Covid-19. MRT provides support to individuals and organizations. Call: 1-888-686-3022 / Email: MRT@phsa.ca

Canadian Mental Health Association: <https://cmha.bc.ca/covid-19/>

Mental Health Commission of Canada: <https://www.mentalhealthcommission.ca/English/covid19>

COVID-19 BC Self-Assessment Tool: <https://covid19.thrive.health/>

Health Information about COVID-19

BC Centre for Disease Control

General Information: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

COVID-19 Resources for Health Care Providers:

<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/health-care-provider-support>

Long Term Care Facilities and Assisted Living:

<http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/long-term-care-facilities-assisted-living>

Provincial Health Officer Directives Related to the Pandemic

BC's Provincial Health Officer orders for public and private health sector employers and long-term care facilities have been issued. Please view here:

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>