

Mental Health and COVID-19

Supporting students and their families



As a teacher, you occupy a critical front-line role in preventative mental health education, initial identification, and ongoing school-based support for children and adolescents with mental health challenges. Schools more broadly are a key part of social networks that build resiliency and foster social ties that can decrease the negative impact of traumatic events.

While social distancing is essential for slowing the spread of COVID-19, reduced contact with friends, family, and trusted adults can increase the stress and anxiety that many people are feeling in the face of the pandemic.

As you connect with your students and their families, you may hear the stress and anxiety in their voices. Students and families may share struggles with you and look to you for support and answers. This short guide provides you with information related to mental health and COVID-19, as well as contact details for organizations that can provide further support.

Mental health and COVID-19



Many mental health organizations have created information resource pages specific to COVID-19.

Anxiety Canada

<https://www.anxietycanada.com/covid-19/>

Many children and adults are struggling with increased anxiety during these uncertain times. This resource collection provides articles related to anxiety and COVID-19, as well as accessible online courses and a series of “town hall” sessions with mental health experts.

Canadian Mental Health Association

<https://cmha.ca/news/covid-19-and-mental-health>

This provincial resource provides links to key topics related to mental health and COVID-19, including stress, anxiety, and social distancing.

Here to Help

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

This BC-specific resource focuses on anxiety, including strategies to address anxiety and when to seek help.

First Nations Health Authority (FNHA)

<https://www.fnha.ca/what-we-do/communicable-disease-control/coronavirus>

This web portal provides a series of guides for BC First Nations people and their health care providers and community leaders. Topics include additional community supports and guidance related to protective measures against COVID-19 within First Nations communities.

HealthLinkBC

<https://www.healthlinkbc.ca/mental-health-covid-19>

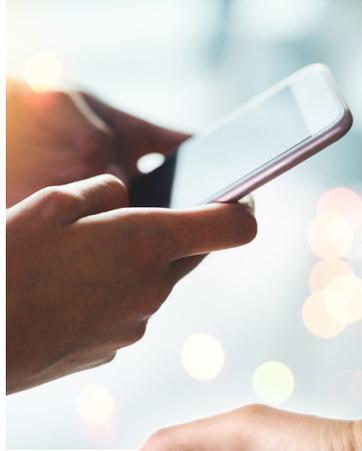
This BC government site provides non-emergency health information and advice specific to COVID-19. Information is organized by key groups (e.g., parents and children, teens, adults).

Kelty Mental Health

<https://keltymentalhealth.ca/info/parenting-during-covid-19>

This resource, aimed at parents, provides guidance for talking to children about COVID-19 and strategies for supporting children through the pandemic.

Reach out for support



- **1-800-SUICIDE | 1-800-784-2433** Available in over 140 languages
- **310 Mental Health Support | 310-6789**
No area code needed; available in over 140 languages
- **Kid's Help Phone | 1-800-668-6868**
National 24/7 help line for youth; support in French and English
- **Alcohol & Drug Information and Referral Service | 1-800-663-1441**
Provincial 24/7 service; available in multiple languages.

Legal Help BC | Live legal help — 1-855-875-8867

<https://www.legalhelpbc.ca/>

The Justice Education Society has set up a website with legal questions and answers related to COVID-19 and the challenges that many families are facing (such as work, housing, and paying bills). The live legal helpline is available Monday – Friday, 10:00 a.m. – 2:00 p.m.

Family Smart | 1-855-887-8004

www.familysmart.ca

Family Smart supports families of children and youth with mental health challenges, including peer support, resources, and information.

Find Support BC | 1-800-441-5403

<https://familysupportbc.com/findsupport-bc/>

The Family Support Institute (FSI), a provincial non-profit charitable society, supports families who have a family member with a disability. The online searchable database contains more than 1,000 governmental and non-governmental resources across BC. Families can also call the toll-free number.

Your regional health authority has links to local information.

- **Vancouver Coastal Health** <http://www.vch.ca/covid-19>
- **Fraser Health** <https://www.fraserhealth.ca/COVID19#.XpiLufx7nOQ>
- **Interior Health** <https://news.interiorhealth.ca/covid-19/>
- **Northern Health** <https://www.northernhealth.ca/health-topics/coronavirus-information-covid-19#northern-health#sites-for-trusted-information>
- **Vancouver Island Health** <https://www.islandhealth.ca/learn-about-health/covid-19>

