



## Resources to Support Nurses' Mental Health

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:

### Tools

#### [Telus Health MyCare](#)

Offered free of charge through NNPBC, the Telus Health MyCare app allows people to access free and confidential mental and physical health services at home via a secure and private app.

#### [Wellness Together Canada](#)

A joint initiative by Stepped Care Solutions, Kids Help Phone, and Homewood Health, Wellness Together provides free mental health and substance use resources, a community of support, and counselling with a mental health professional.

#### [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](http://www.YouthInBC.com) (Noon to 1am) Online Chat Service for Adults:

[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca) (Noon to 1am)

### Apps to support mental health & wellbeing

- [MindShift CBT](#)
- [Breathr Mindful Moments](#)



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

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

**Further Reading/Resources**

- NNPBC Issues Brief: [The Limits of Resilience as an Approach to Addressing the Mental Health Impacts of COVID-19 on Nurses](#).
- Canadian Nurses Association, [Code of Ethics for Registered Nurses](#)
- [Building moral resilience to neutralize moral distress](#) by Cynda Rushton.
- RNAO: ["Preventing and Mitigating Nurse Fatigue in Health Care"](#)
- NNPBC Issues Summary: ["COVID-19 – Dealing with the Complexities of Ethical Decision Making & Moral Distress"](#)
- Stats Canada. [Mental health among health care workers in Canada during the COVID-19 pandemic](#)