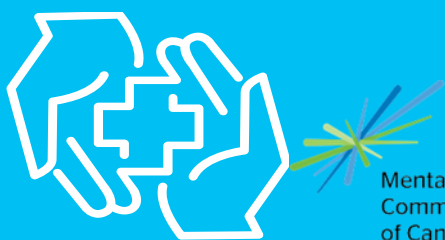


# Mental Health First Aid

## COVID-19

### Self-Care & Resilience Guide



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

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# Self-Care and Resilience

When life gets busy and our sense of well-being and balance is affected, we often forget to take care of ourselves or we look for quick fixes or solutions to problems. Building self-care into your daily or weekly routine can greatly improve resilience and prevent burnout.

**Create a self-care and resilience plan:** Use this worksheet to map out how and when to use these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you. Take time to discover these supports now so they will be easier to access when you actually need them.

Put a checkmark next to the items that you think might be helpful and that you are willing to try. Pick some key ones for you – many strategies may look interesting but focus on those you feel you will have time to work on and incorporate them into your daily or weekly routines:

- Write in a journal
- Volunteer for a cause meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Photography
- Read a good book
- Write a blog
- Spend time outdoors, if possible
- Go for a drive
- Exercise
- Join an online social club
- Nutrition – increase healthy food choices
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Join an online support group
- Have a virtual game night with friends
- Work in the garden
- Get creative: draw, paint, write a song, or cook a new meal
- Try a new hobby
- Have an adventure day
- Creative arts
- Spend time with your children – read to them, listen to their laughter, play with them, etc.
- Create a poster with images of a positive vision
- Listen to enjoyable podcasts or videos

*Source: Adapted from Self-care starter kit, Homewood Health*

**Next Step: On the next page, list your top 3 items and plan when, how and who can support you.**



# My Self-Care and Resilience Plan

My top 3 Self-Care Strategies or Resources	When will you do this? How? Who or What can support you?
1.	
2.	
3.	

**Make a commitment to yourself to practice your self-care routine as often as you can.**



# Mental Health Resources

## National, Provincial and Territorial Crisis lines:

### National Crisis Hotlines

#### [Kids Help Phone](#)

1-800-668-6868

#### [Crisis Services Canada](#)

1-833-456-4566 or text 45645

#### [First Nations and Inuit Hope for Wellness Help Line](#)

1-855-242-3310

#### [Canada Drug Rehab Addiction Services Directory](#)

1-877-746-1963

#### [National Eating Disorder Information Centre](#)

1-866-633-4220

### National Resources for Information about Mental Illness

#### [Bell Let's Talk](#)

#### [Canadian Association for Suicide Prevention](#) (not a crisis line)

613-702-4446

#### [Canadian Mental Health Association](#)

416-646-5557

#### [Canadian Psychological Association](#)

1-888-472-0657

#### [Mood Disorders Society of Canada](#)

613-921-5565

#### [Schizophrenia Society of Canada](#)

1-800-263-5545

#### [Mental Health Commission](#)

613-683-3755



## **British Columbia Crisis Hotlines**

### [Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

## **British Columbia Resources**

### [Canadian Mental Health](#)

### [Association - British Columbia](#)

### [Division](#)

1-800-555-8222

### [HeretoHelp](#)

1-800-661-2121

### [Youth in B.C. online chat](#)

Greater Vancouver: 604-872-3311

Howe Sunshine & Sunshine Coast:

1-866-661-3311

### [Aboriginal Wellness Program](#)

(604) 736-2033 or 1-866-884-0888

### [B.C. Psychological Association -](#)

Find a Psychologist

1-800-730-0522

### [B.C. Problem Gambling Help Line](#)

1-888-795-6111

## **Alberta Crisis Hotlines**

### [Distress Centre](#)

403-266-4357



## **Alberta Resources**

### [Canadian Mental Health](#)

### [Association - Alberta Division](#)

780-482-6576

### [Suicide Information and Education](#)

### [Services](#)

403-342-4966

### [Psychologists Association of](#)

### [Alberta](#) - Find a Psychologist

1-888-424-0297

## **Saskatchewan Crisis Hotlines**

### [Saskatoon Crisis Intervention](#)

### [Service](#)

306-933-6200

### [Mobile Crisis Services](#)

306-757-0127

## **Saskatchewan Resources**

### [Canadian Mental Health](#)

### [Association - Saskatchewan](#)

### [Division](#)

1-800-461-5483

### [Psychology Association of](#)

### [Saskatchewan](#) - Find a

Psychologist

## **Manitoba Crisis Hotlines**

[Manitoba Suicide Prevention Line](#)

["Reason to Live"](#)

1-877-435-7170

[Klinik Crisis Line](#)

1-888-322-3019

[Manitoba Sexual Assault Crisis Line](#)

1-888-292-7565

## **Manitoba Resources**

[Canadian Mental Health](#)

[Association - Manitoba Division](#)

204-982-6100

[Klinik Community Health](#)

204-784-4090

[Mental Health Education Resource](#)

[Centre of Manitoba](#)

1-855-942-6568

[Manitoba Psychological Society -](#)

Find a Psychologist

204-488-7398

## **Yukon Crisis Hotlines**

[Yukon Crisis Line](#)

403-668-9111

## **Yukon Resources**

[Yukon Health and Social Services](#)

1-866-456-3838

[Mood Disorders Society of Canada](#)

[- Yukon Division](#)

1-867-667-8346

[Canadian Mental Health](#)

[Association - Yukon](#)

1-867-668-6429

## **Northwest Territories Crisis Hotlines**

[Northwest Territories Help Line](#)

1-800-661-0844

## **Northwest Territories Resources**

[Department of Health and Social Services](#)

1-867-767-9061

## **Nunavut Crisis Hotlines**

[Nunavut Kamatsiaqtut Help Line](#)

1-800-265-3333

## **Ontario Crisis Hotlines**

[Ontario Mental Health Helpline](#)

1-866-531-2600

[Good2Talk](#)

1-866-925-5454



[Gerstein Crisis Centre](#)

416-929-5200

[Mental Health Crisis Line](#)

In Ottawa: 613-722-6914

In the larger Ottawa area: 1-866-996-0991

[ONTX Ontario Online & Text Crisis Service](#)

Text 258258

[District and Crisis Ontario Helplines](#)

416-486-2242

[Connex Ontario](#)

1-866-531-2600

**Ontario Resources**

[Ontario Psychological Association -](#)

Find a Psychologist

416-961-5552

[Canadian Mental Health Association - Ontario Division](#)

1-800-875-6213

[Reconnect](#)

416-248-2050

[Ontario Victim Support Line](#)

1-888-579-2888



[Ontario 211](#)

1-877-330-3213

[Drug and Alcohol Helpline](#)

1-800-565-8603

[Toronto Distress Centre](#)

416-408-4357

[Toronto Rape Crisis Centre](#)

416-597-8808

**Quebec Crisis Hotlines**

[Centre de Prevention du Suicide de Quebec](#)

1-866-277-3553

**Quebec Resources**

[Action on Mental Illness](#)

1-877-303-0264

[Centre de Prevention du Suicide du Haut-Richelieu](#)

450-348-6300

[Movement Santé Mentale Quebec](#)

514-849-3291

**Newfoundland and Labrador Crisis Hotlines**

[Mental Health Crisis Line](#)

1-888-737-4668



## **Newfoundland and Labrador Resources**

[Canadian Mental Health Association - Newfoundland and Labrador Division](#)

1-877-753-8550

[Mental Health and Addictions Services triage line](#)

1-844-353-3330

[Association of Psychology in Newfoundland and Labrador](#) - Find a Psychologist

709-739-5405

## **New Brunswick Crisis Hotlines**

[Chimo Helpline](#)

1-800-667-5005

## **New Brunswick Resources**

[Canadian Mental Health Association - New Brunswick Division](#)

506-455-5231

[College of Psychologists of N.B.](#) -

Find a Psychologist

506-382-1994

## **Prince Edward Island Crisis Hotlines**

[The Island Helpline](#)

1-800-218-2885

## **Prince Edward Island Resources**

[Canadian Mental Health Association - Prince Edward Island Division](#)

902-566-3034

[Psychological Association of Prince Edward Island](#) - Find a Psychologist

## **Nova Scotia Crisis Hotlines**

[Mental Health Mobile Crisis Line](#)

1-888-429-8167

## **Nova Scotia Resources**

[Canadian Mental Health Association - Nova Scotia Division](#)

902-466-6600

[Association of Psychologists of Nova Scotia](#) - Find a Psychologist

902-422-9183



## **Additional reading:**

### **Coping with Stress: World Health Organization**

[WHO Coping with stress during COVID-19](#)

[WHO helping children cope with stress during COVID-19](#)

### **Wellbeing and Working Remotely:**

*How to Work from Home if You Have Never Done it Before:*

<https://www.nytimes.com/2020/03/12/smarter-living/how-to-work-from-home-if-youve-never-done-it-before.html>

*Coronavirus and your Wellbeing:*

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseca1d7>



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

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