

SARS-CoV-2 / COVID-19

Mental Health Resources and Links for CUPE Members - BC Region

January 2021

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The pandemic has caused a significant increase in mental health issues across Canada and for Indigenous persons, the LGBTQ2+ community, persons with disabilities, women, younger people, the unemployed, and persons with pre-existing mental health issues in particular. As per News 1130:¹

“While 40 per cent of the 3,027 Canadian adults surveyed said their mental health has declined since March, 21 per cent of Canadians said they are hopeful.

However, the survey was executed in September, before major spikes in daily case counts, increased restrictions, and the recent spate of record-setting deaths in B.C.

Increased feelings of despair and hopelessness were more pronounced in people who identified as Indigenous (54 per cent), LGBTQ2+ (54 per cent), disability (50 per cent) or women (45 per cent).

Those who are unemployed (61 per cent), have a pre-existing mental health issue (61 per cent), and younger people aged 18-24 (60 per cent), also experienced heightened anxiety and stress above the national average.”

(Emphasis added)

¹ Kelly, A. December 03, 2020. “Such despair they can’t see past it’: Pandemic-driven mental health crisis on the rise in Canada.” City News. News 1130. Retrieved January 26, 2021 from <https://www.citynews1130.com/2020/12/03/covid-19-pandemic-mental-health-crises-canada/>

The following resources and links are provided to assist CUPE Locals and members in the BC Region who are seeking information pertaining to mental health issues arising from SARS-CoV-2 / COVID-19. This is a partial list, there are many other resources.

Information and links change frequently. This document should always be considered a draft working document.

This document does not imply nor suggest that workers should be diagnosed by persons not qualified to do so.

The Provincial Health Officer's Orders, Health Authorities, BC CDC, government, and WorkSafeBC should always be the primary source of information pertaining to workplace health and safety matters pertaining to SARS-CoV-2 / COVID-19.

This document should be used in conjunction with the list of SARS-CoV-2 / COVID-19 resources at

[https://www.cupe.bc.ca/occupational health and safety committee](https://www.cupe.bc.ca/occupational_health_and_safety_committee) For example.

CUPE BC REGION COVID-19 RESOURCES

This is a list of resources for SARS-CoV-2 and COVID-19 (the pandemic) from the CUPE BC Region, CUPE National Health and Safety Branch and CUPE Ontario. The CUPE Health and Safety Representatives from across Canada regularly coordinate and jointly work on pandemic-related resources. This document also contains information for filing a WorkSafeBC claim for SARS-CoV-2 and COVID-19 (BC).

Pandemic-related resources are constantly changing and being updated as per the CUPE National Health and Safety Branch website. CUPE creates four pandemic-related resources per month, on average. Most of these are located on the CUPE National Health and Safety Branch website. These are in addition to resources from the CUPE sector specific social media pages and websites, BC Centre for Disease Control, the Office of the Provincial Health Officer (BC), WorkSafeBC, CSA Group, various health authorities, the Federal Government, OHCOW, and other resources.

The resources from the Office of the Provincial Health Officer (BC), BC Centre for Disease Control, health authorities and WorkSafeBC are usually directory, while CUPE resources are for guidance purposes. WorkSafeBC also has dozens of templates, forms and other materials for use.

For labour relations, Collective Agreement, human rights, and other non occupational health and safety matters please contact the CUPE National Representative.

The science and medical literature regarding the pandemic change frequently, as does income protection and other resources for workers. Ensure the most current information and resources are being used (and for the correct jurisdiction).

Where links have changed or are broken, please refer to the CUPE National Health and Safety website.

Yellow indicates resources commonly referred to or used in BC.

BC CDC

- **Mental well-being during COVID-19**
 - <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/mental-well-being-during-covid-19>

BC Government

- **Virtual mental health supports during COVID-19**
 - <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

Canadian Centre for Occupational Health and Safety (CCOHS)

- **Tip Sheet – Preventing Stigma**
 - https://www.ccohs.ca/images/products/pandemiccovid19/pdf/preventing_stigma.pdf

Canadian Mental Health Association (CMHA)

- **Return to the Workplace: A psychological toolkit for heading back to work; various resources**
 - <https://cmha.ca/news/covid-19-and-mental-health>
https://ontario.cmha.ca/wp-content/uploads/2020/08/CMHA_ReturnToWorkplace-Toolkit_EN-Final.pdf

CSA Group

- **Z1011 Work Disability Management System Standard**
 - <https://www.crwdp.ca/en/node/753>

CSA Group

- **Psychological Standard Z10031-13 and the Implementation Handbook Z1003**
 - <https://www.csagroup.org/article/canca-z1003-13-bnq-9700-803-2013-r2018/>
 - <https://www.csagroup.org/article/spe-z1003-implementation-handbook/>

CSA Group

- **Workplaces and COVID-19: Occupational Health and Safety Considerations for Reopening and Operating During the Pandemic**
 - <https://www.csagroup.org/wp-content/uploads/CSA-Group-Research-Workplaces-and-COVID-19-Occupational-Health-and-Safety-Considerations.pdf>

CSA

- **COVID-19 Response Standards and Handbooks**
 - <https://www.csagroup.org/news/covid-19-response-standards-handbooks/>

CUPE National Health and Safety Branch

- **Improving mental resiliency during COVID-19**
 - <https://cupe.ca/improving-mental-resiliency-during-covid-19>
- **Domestic Violence and the workplace**
 - <https://cupe.ca/domestic-violence-and-workplace>
- **Violence Prevention Kit**
 - <https://cupe.ca/orders/violence-prevention-kit>

CUPE Ontario

- **Various resources**
 - <https://cupe.ca/mental-health>

Institute for Work & Health

- **Mental - Health and the Workplace**
 - <https://www.iwh.on.ca/topics/mental-health-in-the-workplace>

Government of Canada

- **Mental health and COVID-19 for public servants: Get help**
 - <https://www.canada.ca/en/government/publicservice/covid-19/mental-health-help.html>

Other CDCs

- **Coping with Stress; How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic**
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
 - <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>

OHCOW

- **Various resources**
 - <https://www.ohcow.on.ca/covid-19.html>
 - <https://www.ohcow.on.ca/occupational-health-toolkits-and-apps.html>

WHO

- **Mental health & COVID-19**

<https://www.who.int/teams/mental-health-and-substance-use/covid-19>

WorkSafeBC

- **Managing the mental health effects of COVID-19 in the workplace: A guide for employers**

- <https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html>
- <https://www.worksafebc.com/en/resources/health-safety/books-guides/addressing-mental-health-effects-covid-19-guide-for-workers?lang=en>

- **Managing the mental health effects of COVID-19 in the workplace: A guide for workers**

- <https://www.worksafebc.com/en/about-us/news-events/announcements/2020/December/two-new-resources-address-mental-health-effects-of-covid-19-in-workplace>