

V. Resources and Links. Contd.

Mental Health Commission of Canada

Workplace Resources

<https://theworkingmind.ca/workplace-resources>

OHCOW

Various resources

<https://www.ohcow.on.ca/covid-19.html>

<https://www.ohcow.on.ca/occupational-health-toolkits-and-apps.html>

Statistics Canada

<https://www150.statcan.gc.ca/n1/pub/11-631-x/2020004/s3-eng.htm>

World Health Organization

Mental health & COVID-19

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

V. Resources and Links. Contd.

WorkSafeBC

Filing WCB Claims During COVID-19

<https://www.worksafebc.com/en/covid-19/claims>

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

<https://www.worksafebc.com/en/resources/health-safety/books-guides/managing-mental-health-effects-covid-19-guide-for-employers?lang=en>

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

<https://www.worksafebc.com/en/resources/health-safety/books-guides/addressing-mental-health-effects-covid-19-guide-for-workers?lang=en>

WorkSafeBC COVID-19 main webpage

<https://www.worksafebc.com/en/covid-19>

COVID-19 Information for Workers

<https://www.worksafebc.com/en/covid-19/covid-19-information-for-workers>

V. Resources and Links. Contd.

WorkSafeBC contd.

COVID-19 FAQs

<https://www.worksafebc.com/en/covid-19/health-and-safety/covid-19-faqs>

Exposure Control Plans, Risk Assessments, Precautionary Principle

<https://www.worksafebc.com/en/law-policy/occupational-health-safety/searchable-ohs-regulation/ohs-guidelines/guidelines-part-06>

Filing WCB claims

<https://www.worksafebc.com/en/covid-19/claims>

Workers' (and Employers') Advisors Office (BC)

<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/personal-injury-and-workplace-safety>

<https://www2.gov.bc.ca/gov/content/employment-business/employers/employers-advisers-office>

V. Resources and Links. Contd.

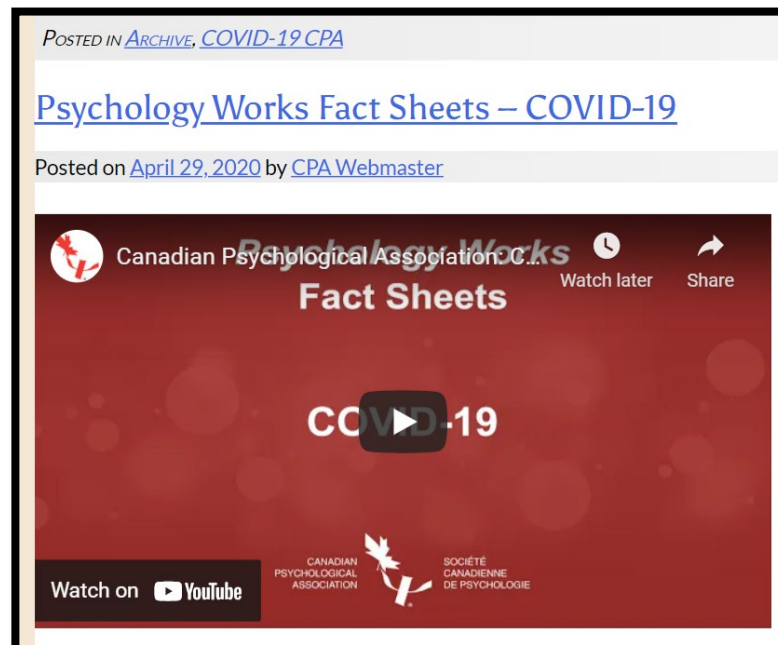
Videos

Canadian Psychological Association

Psychology Works Fact Sheets – COVID-19

<https://cpa.ca/category/covid19cpa/>

<https://cpa.ca/category/spotlight/>



V. Resources and Links. Contd.

Videos contd.

CTV News

<https://www.ctvnews.ca/video?clipId=1922408>



V. Resources and Links. Contd.

Videos contd.

Global News May 10, 2020

<https://globalnews.ca/news/6922614/coronavirus-mental-health-impacts/>



V. Resources and Links. Contd.

Videos contd.

Global News February 08, 2021

<https://globalnews.ca/video/7628491/covid-19-impact-of-restrictions-mental-health-factors-part-of-decision-to-allow-youth-sports-practice-in-step-1>



COVID-19: Impact of restrictions, mental health factors part of decision to allow youth sports practice in Step 1

V. Resources and Links. Contd.

Videos contd.

Retail Council of Canada

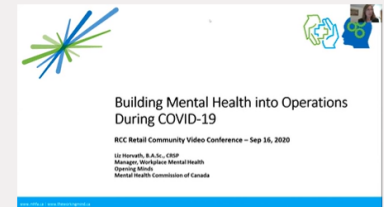
Mental Health Resources for Retail Employees

<https://www.retailcouncil.org/community/health-safety/mental-health-resources-for-retail-employees/>



Building mental health into operations during COVID-19

This special session presented by Liz Horvath, a leader in workplace mental health, provides practical advice that employers in the retail sector can use to support their own mental health and the mental health of their workers.



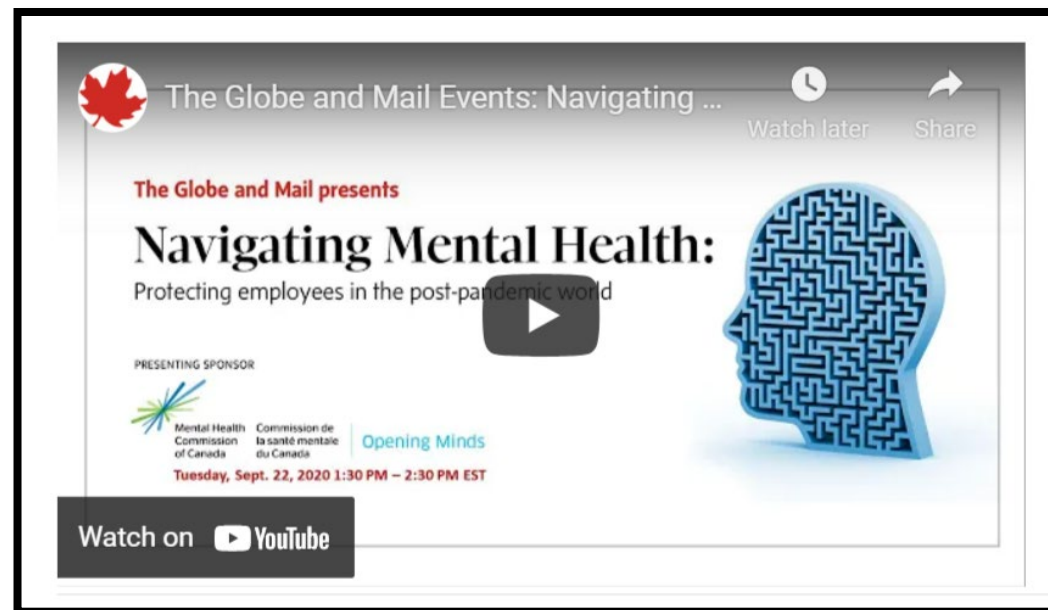
V. Resources and Links. Contd.

Videos contd.

The Globe and Mail October 28, 2020

Navigating Mental Health Protecting employees in a post-covid world

<https://www.theglobeandmail.com/events/article-how-can-you-maintain-your-mental-health-in-the-midst-of-a-pandemic/>



V. Resources and Links. Contd.

Videos contd.

The Health Foundation

Surviving COVID: The impact of the pandemic on the mental health of NHS workers

<https://www.health.org.uk/what-we-do/responding-to-covid-19/surviving-covid-films/surviving-covid-impact-on-the-mental-health-of-NHS-workers>



V. Resources and Links. Contd.

Videos contd.

The World Health Organization

Q&A on COVID-19 and Mental Health

<https://www.youtube.com/watch?v=zDxILKkk5c4>



V. Resources and Links. Screenshots of Resources.

The following screenshots illustrate the resources above and show their content.

Government of
BC.
See Resources
and Links.

[Home](#) > [Health](#) > [Managing Your Health](#) > [Mental Health & Substance Use](#) >

Virtual mental health supports during COVID-19

Virtual services are available for British Columbians who are experiencing anxiety, depression or other mental health challenges.

Last updated: **December 21, 2020**

On this page:

- [Get help immediately](#)
- [Free or low cost counselling](#)
- [Courses and programs](#)
- [Supports for healthcare workers](#)
- [Supports for young people](#)
- [Supports for students, educators and parents](#)
- [Supports for seniors](#)
- [Supports for victims of family or sexual violence](#)
- [Supports for Indigenous Peoples](#)
- [Other resources](#)

Get help immediately

- **310Mental Health Support**
Call [310-6789](#) for emotional support, information and resources specific to mental health
- **1-800-SUICIDE**
Call [1-800-784-2433](#) if you are experiencing feelings of distress or despair, including thoughts of suicide
- **KUU-US Crisis Response Service**
Call [1-800-588-8717](#) for culturally-aware crisis support for Indigenous peoples in B.C.
- **Alcohol and Drug Information and Referral Service**
Call [1-800-663-1441](#) to find resources and support

Government of
BC.
See Resources
and Links.

[Virtual appointments](#) and access to primary and mental health care closer to home. This program is for First Nations people and their family members who have limited or no access to doctors.

Substance use and psychiatry service

Provides Indigenous people in B.C. with access to specialists in [addictions medicine and psychiatry](#). This service is also available to the family members of Indigenous people, even if they are non-status.

Other resources

[Canadian Mental Health Association British Columbia](#)

- The Canadian Mental Health Association provides mental health promotion and mental illness recovery-focused programs and services for people of all ages and their families.

[Here to Help](#)

- A project of the [BC Partners for Mental Health and Substance Use Information](#), provides mental health and substance use information and resources that you can trust.


[Wellness Together Canada: Mental Health and Substance Use Support](#)

- Government of Canada portal offering free online resources

[Managing COVID-19 Stress, Anxiety & Depression](#)

- 5 steps to manage COVID-19 stress, anxiety and depression

Government of
BC.
See Resources
and Links.


HealthLinkBC

[Call 8-1-1](#) | [Contact Us](#) | [About Us](#) | [Other Languages](#)

[Home](#) | [Healthy Eating](#) | [Physical Activity](#) | [Mental Health & Substance Use](#) | [Medical Tests](#) | [Medications](#) | [Health Topics](#) | [Tools & Videos](#) | [Services](#)

[Home](#) / [Coronavirus Disease \(COVID-19\)](#) / [Mental Health and COVID-19](#)

▼ [Coronavirus Disease \(COVID-19\)](#)

[Children, Youth and Families](#)

[Healthy Living](#)

[Healthy Eating](#)

[Immunization](#)

[Injury Prevention](#)

[Physical Activity](#)

[Mental Health](#)

[Reduce Your Risk of Infection](#)

[Self-isolation](#)

[Symptoms](#)

[Testing](#)

[Travel](#)

[Useful Resources](#)

Mental Health and COVID-19

[Download PDF: English](#) | [Arabic](#) | [Chinese](#) | [Farsi](#) | [French](#) | [Hindi](#) | [Japanese](#) | [Korean](#) | [Punjabi](#) | [Spanish](#) | [Tagalog](#) | [Vietnamese](#)

The COVID-19 pandemic may make us feel confused, sad and anxious. Self-isolation may make us feel separate from some of the activities we used to do to help manage our feelings. It's important to learn about resources and supports to help you take care of yourself and your family.

Virtual Mental Health Supports

Virtual Mental Health Supports for COVID-19 are available for youth, adults, seniors and health care workers in British Columbia. These services provide online mental health and substance use support. They include services such as virtual counselling, senior volunteer services and crisis support. If you are struggling with your mental health or experiencing a crisis, reach out now. Learn more about virtual mental health supports at [Government of BC: Virtual Mental Health Supports for COVID-19](#).

Domestic and intimate partner violence can increase during a crisis. Regardless of the situation, violence and abuse are never acceptable. Visit [BC Centre for Disease Control: People who may be or are experiencing violence](#) for information on the services that are available to help you and your family.

Learn more about the mental health resources that are available for families, workers, older adults, Indigenous people and more.



Home

Programs ▾

Course Registration ▾

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About ▾

Self-Serve Portal

OH&S Committee Education

Supervisor OH&S Responsibilities Program

Building Psychologically Healthy Workplaces

Young Workers (Alive After 5)

Employment Program

English as an Additional Language (EAL or ESL)

Migrant Worker Program

19 ▶

BC Federation of
Labour Health &
Safety Centre.
See Resources
and Links.

BC Federation of
Labour Health &
Safety Centre.
See Resources
and Links.

The Health & Safety Centre has developed a distinct stream of training that creates an effective plan designed to improve the psychological health of all workplaces.

The curriculum focuses on personal safety factors as well as organizational factors and culture that are important to address.

A psychologically safe workplace is one that allows no significant injury to employee mental health in negligent, reckless or intentional ways and one in which every reasonable effort is made to protect the mental health of employees.

A workplace with an effective plan and strong commitment to psychological health will result in an enhanced ability to enjoy life, and create a balance between life activities and efforts to achieve psychological resilience.

View Upcoming Courses:

WORKPLACE BULLYING & HARASSMENT

IMPROVING RETURN TO WORK OUTCOMES

MENTAL HEALTH AND THE CSA STANDARD

MENTAL HEALTH FIRST AID

Course Calendar

> Register for a Course

> Download 2020 Course Pamphlet (PDF)

View Upcoming Courses:

WORKPLACE BULLYING & HARASSMENT

IMPROVING RETURN TO WORK OUTCOMES

MENTAL HEALTH AND THE CSA STANDARD

MENTAL HEALTH FIRST AID

BC Federation of
Labour Health &
Safety Centre.
See Resources
and Links.

[Home](#)[Programs](#) ☯[Course Registration](#) ☯[Resources](#) ☯[About](#) ☯[Self-Serve Portal](#)

Mental Health First Aid

The Mental Health First Aid (MHFA) training course was developed by the Mental Health Commission of Canada to help people provide initial support to someone who may be developing a mental health problem or experiencing a mental health crisis. MHFA teaches mental health first aid skills. The course does not train people to be therapists, counselors, or mental health professionals. The philosophy behind MHFA is that a mental health crisis, such as suicidal and self-harming actions, may be avoided through early intervention. If a crisis does arise, an MHFA trained person in the workplace can take action that may reduce the harm that could result. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found or until the crisis is resolved.


This 12-hour evidence-based MHFA Basic course will cover Substance-related disorders, Mood-related disorders, Anxiety and trauma-related disorders and Psychotic disorders.

In this course participants will gain:

- Increased awareness of signs and symptoms of the most common mental health problems.
- Decreased stigma related to mental health.
- Confidence interacting with individuals experiencing a mental health problem or crisis.
- Increased knowledge to help individuals in crisis or experiencing a mental health problem.

Audience: OH&S Committee Members, Supervisors, Managers, First Aid Attendants, or anyone that wishes to increase their skills to support their fellow workers.

British Columbia
Psychological
Association.
See Resources
and Links.

BRITISH
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PSYCHOLOGICAL
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AboutFind A PsychologistCOVID-19Events & News

Covid-19 Psychological First Aid Service: Information and Signup

This service will no longer be available as of 12:00PM on July 31, 2020. Please refer to [Walk in Clinic](#) if you need support!

Experiencing stress associated with the COVID-19 Pandemic? You are not alone.

The BCPA Covid-19 Psychological Support Service is designed to help health care and other essential workers who are experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic.

What is the BCPA COVID-19 Psychological First Aid Service?

The Psychological First Aid Service offers "Psychological First Aid" telephone calls, free of charge, to any BC resident (19+) affected by the COVID-19 pandemic. This service is being offered by the BC Psychological Association in partnership with the University of British Columbia.

What is psychological first aid?

Psychological First Aid is a brief (up to 30 minute) telephone consultation to provide you with information and strategies to help you cope with the stress associated with the COVID-19 pandemic. It is designed to help people who usually cope with daily life pretty well, but who might be feeling overwhelmed during this very stressful time. .

Is psychological first aid the same as therapy?

Psychological First Aid is not the same as psychological therapy. The psychologist who calls you is providing Psychological First Aid and not treatment.


What if after my Psychological First Aid call I decide I need more help?


You can use the Psychological First Aid Service as many times as you like. If you would like to receive a Psychological First Aid phone call again, simply fill out another online request form on the day that you would like service. You will speak to a different psychologist each time you call

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Canadian Mental
Health
Association.
See Resources
and Links.

Thinking of suicide? Please call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit www.crisiscenter.ca

 Canadian Mental Health Association
Mental health for all

 100 years of hope

National

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Home » News » News » National News » COVID-19 and mental health



COVID-19: Mental health and well-being.

Canadian Mental Health Association
Mental health for all

100 years of community

COVID-19 and mental health

February 24, 2021


A pandemic is a very stressful event for individuals and communities. It's normal to feel some stress and anxiety. It's also very common for people to display great resiliency during times of crisis.^[1]

We should remember that this is absolutely the time to lean on each other. Even if we can't be close physically, we need to stay close emotionally. So, while you're staying in, stay in touch with each other, and reach out if you need support.


CMHA has put together some resources and suggestions to help support your mental health at this time of uncertainty.

We encourage you to share this page. We will be updating it regularly, so please check back for new resources.

Canadian Mental
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See Resources
and Links.



Canadian Mental
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Mental health for all



100
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strength

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Services and supports

Find your local [CMHA here](#)

Get free mental health support at [BounceBack](#)

Recovery Colleges – Access [free Mental Health Courses](#)

Get free mental health support at [Wellness Together Canada](#)

Reach [Kids Help Phone](#) or call at 1-800-668-6868

Thinking of suicide? Call 1-833-456-4566 (in QC: 1-866-277-3553) or visit [crisisservicescanada.ca](#).

In an emergency, please call 9-1-1 or visit your nearest emergency department.

Policy papers and Statements

[Mental health impacts of COVID-19: Wave 2](#)

[Mental health impacts of COVID-19: Wave 1](#)

[Statement on Universal Basic Income](#)

[COVID-19 and Mental Health: Heading Off an Echo Pandemic](#)

[‘Social distancing’ is a misnomer: we should be physically distancing, but remain as social as ever](#)

[Online supports for COVID-19 stress are there—but Canadians aren’t accessing them](#)

[Pre-Budget submission: Investing in focused areas of support to ensure long-term mental health recovery for Canadians](#)

Self-care

[Your Social Distancing Survival Guide](#)

[Pandemic pushing your anxiety buttons?](#)

[I’m feeling stressed due to the pandemic](#)

[Social connection is the cure](#)

[Listening: how to make your social interactions real](#)

[Kindness is contagious. Not just fear](#)

[More than simply “fine”](#)

[Move for your mood](#)

[Coping with Loneliness](#)


[Social Support](#)

[Stress](#)


[Grieving](#)


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Health
Association.
See Resources
and Links.


1 / 20 | - 80% + | [icon] [icon]



RETURN TO THE WORKPLACE:
A psychological toolkit for
heading back to work

 Canadian Mental
Health Association
Ontario

 mental health
WORKS

 BounceBack®
reclaim your health

Canadian Mental
Health
Association.
See Resources
and Links.

Mental health impacts of COVID-19: Wave 2



THE UNIVERSITY OF BRITISH COLUMBIA



Summary of Findings Mental Health Impacts of COVID-19: Wave 2

Self-reported change to mental health

	Total	Region					
		BC	AB	MB/SK	ON	PQ	ATL
BASE:	3027	445	397	213	1137	491	343
Mental health has deteriorated since onset of the pandemic	40%	42%	40%	40%	44%	32%	36%

Deteriorating mental health among population subgroups

- 61% of those with a pre-existing mental health issue (up slightly from 59% in Wave 1)
- 50% of those with a disability (up slightly from 47% in Wave 1)
- 60% of those aged 18-24, compared to 21% of those aged 75+
- 54% of Indigenous peoples (up from 41% in Wave 1)
- 54% of LGBTQ2+ people (up from 50% in Wave 1)
- 61% of those who are unemployed
- 45% of women, compared to 34% of men

Emotional responses to COVID-19

	Total	Region					
		BC	AB	MB/SK	ON	PQ	ATL
BASE:	3027	445	397	213	1137	491	343
Anxiety/worry	48%	48%	42%	50%	53%	42%	43%
Stress	38%	38%	35%	41%	43%	30%	33%
Sadness	25%	28%	21%	23%	29%	20%	17%
Depression	24%	24%	23%	21%	28%	19%	18%
Calm	20%	22%	18%	19%	18%	22%	19%

Canadian Mental
Health
Association.
See Resources
and Links.



Canadian Mental
Health Association
Mental health for all



Mental Health
Foundation



maru/matchbox

Hopeful	17%	22%	17%	16%	20%	8%	26%
Empathetic	15%	20%	11%	15%	18%	11%	14%
Content	9%	10%	8%	11%	12%	5%	8%

Emotional responses among population subgroups

- 67% of those with a pre-existing mental health condition reporting high levels of anxiety/worry (up from 63% in Wave 1) as well as:
 - stress (57%), loneliness (39%), sadness (35%) and depression (48%)

Experiences of stress or worry

	Total	Region					
		BC	AB	MB/SK	ON	PQ	ATL
BASE:	3027	445	397	213	1137	491	343
Worried about: second wave of the virus	71%	69%	66%	64%	75%	69%	69%
A loved one or family member dying	58%	55%	54%	59%	62%	58%	55%
Contracting the virus	55%	55%	49%	56%	56%	56%	48%
Being separated from family and friends	54%	51%	55%	53%	56%	54%	49%
Vaccine safety and effectiveness	51%	53%	53%	46%	54%	44%	50%
Finances	39%	36%	48%	41%	40%	32%	43%
Vaccine availability	30%	31%	28%	27%	32%	27%	30%
Job loss	26%	22%	31%	22%	28%	27%	24%
Having enough food to meet family's needs	20%	12%	20%	20%	19%	25%	21%
Being safe from domestic violence	10%	5%	10%	5%	12%	11%	11%

Experiences of stress or worry among population subgroups

- 48% of parents of children under 18 worried about finances
- 51% of those with a household income less than \$25,000 worried about finances
- 36% of parents of children under 18 worried about job loss
- 27% of parents of children under 18 worried about having enough food to meet their family's needs

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Association.
See Resources
and Links.



Suicidality and self-harm

	Total	Region					
		BC	AB	MB/SK	ON	PQ	ATL
BASE:	3027	445	397	213	1137	491	343
Suicidal thoughts or feelings	10%	8%	11%	8%	13%	7%	8%
Deliberate self-harm	4%	1%	4%	2%	4%	5%	4%

Suicidality and self-harm among population subgroups

Suicidal thoughts or feelings:

- 28% of LGBTQ2+ (up from 14% in Wave 1)
- 27% of those with a pre-existing mental health condition (up from 18% in Wave 1)
- 24% of those with a disability (up from 15% in Wave 1)
- 21% of those aged 25-34 and 19% of those aged 18-24
- 20% of Indigenous peoples (up from 16% in Wave 1)
- 13% of parents of children under 18 (up from 9%)

Deliberate self-harm:

- 14% of LGBTQ2+
- 10% of those with a pre-existing mental health condition (up from 18% in Wave 1)

Healthy and unhealthy coping strategies

	Total	Region					
		BC	AB	MB/SK	ON	PQ	ATL
BASE:	3027	445	397	213	1137	491	343
Increased substance use as a way to cope	17%	13%	17%	18%	20%	13%	17%
Increased alcohol use	20%	16%	18%	18%	22%	21%	16%
Increased cannabis use	9%	6%	8%	15%	12%	6%	11%
Increased prescription medication use	7%	3%	7%	6%	8%	7%	6%
Exercising outdoors	54%	57%	55%	62%	57%	49%	45%
Connecting virtually with family and friends	36%	39%	36%	26%	40%	33%	33%
Maintaining a healthy lifestyle	40%	43%	42%	41%	41%	36%	36%
Connecting in person with those in their "bubble"	33%	43%	38%	32%	40%	13%	42%
Having a supportive employer	15%	13%	17%	14%	16%	11%	19%
Using virtual mental health resources	3%	2%	3%	4%	3%	2%	2%
Government benefits and supports	9%	10%	9%	9%	9%	8%	12%

Canadian Mental
Health
Association.
See Resources
and Links.

Coping among population subgroups

Increased alcohol use:

- 28% in parents of children under 18
- 29% in Indigenous peoples
- 30% in those with a pre-existing mental health condition

Increased cannabis use:

- 24% in Indigenous peoples
- 23% in LGBTQ2+ people
- 20% in those with a pre-existing mental health condition
- 17% in those with a disability
- 15% in parents with children under 18

Increased prescription medication use:

- 18% in those with a pre-existing mental health condition

Among those who reported experiencing a mental health concern during the pandemic, the reasons for not accessing virtual mental health services/supports included:


- 48% felt they weren't in need of help
- 22% said they didn't know that the resources exist
- 21% said they didn't believe they would be helpful
- 17% preferred in-person health care supports
- 11% cited privacy concerns


Methodology

This is the second of three waves of a cross-sectional monitoring survey on the impacts of COVID-19 on mental health in Canada led by academic researchers from the University of British Columbia (UBC) and the Canadian Mental Health Association (CMHA) in partnership with Maru/Matchbox. The survey questions were informed by a UK longitudinal survey commissioned by the Mental Health Foundation in March 2020 and guided by research evidence on mental health impacts of past pandemics through input from people with lived experience of mental health conditions. Questions were refined for the Canadian context. Wave 1 data were collected between May 14-29, 2020. Wave 2 data were collected Sept. 14-21, 2020 from a total of 3,027 respondents and weighted to ensure a representative sample of the adult Canadian population by age, gender, region, and household income. The maximum margin of error for proportions derived from our sample of 3027 participants is +/- 1.79% at a 95% level of confidence.

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and Links.

Thinking of suicide? Please call 1-833-456-4566 toll free (In QC: 1-866-277-3553), 24/7 or visit www.crisis.ca

 Canadian Mental Health Association
Mental health for all

 100 years of community

National

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Home » Workplace Mental Health » Training

Training

CMHA Certified Psychological Health and Safety Advisor (PH&S Advisor)

This groundbreaking certification training program is for individuals and consultants who want to help organizations improve psychological health and safety in their workplaces or implement the [National Standard of Canada for Psychological Health and Safety in the Workplace \(the Standard\)](#).

This certification has been developed to provide an experiential learning opportunity for Advisors so they can better support organizations of all sizes. After this training, Advisors will be able to address employers' challenges, obstacles, and needs related to psychological health and safety.


View a list of some of our CMHA Certified Psychological Health and Safety (PH&S) Advisors [here](#).

Read more about CMHA's workplace certification training program, including frequently asked questions [here](#).


Cost: \$1000

Upcoming Sessions:

Canadian Mental
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Association.
See Resources
and Links.



Canadian Mental
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August 2021 – [PHS Advisor Training \(Virtual Training\)](#) – August 9th to 12th, 2021

***Please note, each participant is required to complete 4-6 hours of pre-work prior to attending the session.**

Psychological Health and Safety Champion Training

Developed as a stepping stone to our Advisor Training, this 3-hour online interactive training program focuses on giving you the foundational knowledge required to begin addressing psychological health and safety (PHS) in your workplace. Using the National Standard for Psychological Health and Safety as a guide, participants will learn about the history and development of PHS in Canada, gain understanding of core concepts like psychological health, safety, and risk, as well as receive an expert overview of the core components of the Standard. Using a case study approach, participants will be able to apply their knowledge in order to practice articulating the benefits of addressing PHS and determining initial actions to begin improving PHS in the workplace.

Course Objectives:

- Learn and understand definitions of psychological health, safety and risk.
- Understand the parallels between OHS and PHS, including legislative and regulatory overlap.
- Define core elements of the National Standard of Canada for Psychological Health and Safety in the Workplace.
- Identify reasons to address psychological health and safety, including a review of current evidence.
- Practice identifying opportunities for action to address psychological health and safety.

Cost: \$300.00

Centres for
Disease Control
and Prevention.
See Resources
and Links.

Where to find support services for mental well-being

The change and uncertainty due to COVID-19 can have a big impact on our mental health. Help is available. Don't wait to reach out. Find information below on who you can contact for mental well-being support during COVID-19.

- [Mental Health Support in B.C. for Mood & Anxiety Concerns](#)
- [B.C.'s virtual mental health supports during COVID-19](#)
 - Free or low cost online mental health and substance use services, such as virtual counselling and crisis support.
- [COVID-19 Mental Health Check-in](#) is a self-assessment tool for youth and adults from the Canadian Mental Health Association B.C. Division.
 - This free, anonymous self-assessment tool helps you understand how you are feeling and reflect on your mental, physical and social well-being. It helps cut through the wealth of information available online to find the resources most useful to you.
- Alcohol & Drug Information and Referral Service at 1-800-663-1441 (toll-free in B.C.) or 604-660-9382 (in the Lower Mainland) to find resources and support.

Canadian Mental Health Association.
See Resources and Links of the Resources document.



The Working Mind – Mental Health Continuum Model

HEALTHY	REACTING	INJURED	ILL
Normal fluctuations in mood	Nervousness, irritability, sadness	Anxiety, anger, pervasive sadness, hopelessness	Excessive anxiety, easily enraged, depressed
Normal sleep patterns	Trouble sleeping	Restless or disturbed sleep	Unable to fall or stay asleep or sleeping too much
Physically well, full of energy	Tired/low energy, muscle tension, headaches	Fatigue, aches and pains	Exhaustion, physical illness
Consistent performance	Procrastination	Decreased performance	Unable to perform duties
Socially active	Decreased social activity	Social avoidance or withdrawal	Isolation, avoiding social events
No trouble/impact due to substance use	Limited to some trouble/impact due to substance use	Increased trouble/impact due to substance use	Dependence
			Suicidal thoughts and/or intentions

Canadian Mental Health Association.
See Resources and Links of the Resources document.

This is not a diagnostic tool. Refresh the page to clear.

Mental Health Continuum Self-Check				
	Healthy	Reacting	Injured	Ill
Changes in Mood	Normal mood fluctuations Calm Confident	Irritable Impatient Nervous Sadness	Angry Anxious Pervasive sadness	Easily enraged Excessive anxiety/panic Depressed mood, numb
Changes in Thinking and Attitude	Good sense of humor Takes things in stride Ability to concentrate and focus on tasks	Displaced sarcasm Intrusive thoughts Sometimes distracted or loss of focus on tasks	Negative attitude Recurrent intrusive thoughts Constantly distracted or cannot focus on tasks	Noncompliant Suicidal thoughts/intent Inability to concentrate, loss of memory or cognitive abilities
Changes in Behaviour and Performance	Physically and socially active Present Performing well	Decreased activity/socializing Present but distracted Procrastination	Avoidance Tardiness Decreased performance	Withdrawal Absenteeism Can't perform duties/tasks
Physical Changes	Normal sleep patterns Good appetite Feeling energetic Maintaining a stable weight	Trouble sleeping Changes in eating patterns Some lack of energy Some weight gain or loss	Restless sleep Loss of appetite Some tiredness or fatigue Fluctuations or changes in weight	Cannot fall/stay asleep No appetite Constant and prolonged fatigue or exhaustion Extreme weight gain or loss
Changes in Addictive Behaviours	Limited alcohol consumption, no binge drinking Limited/no addictive behaviours No trouble/impact due to substance use	Regular to frequent alcohol consumption, limited binge drinking Some to regular addictive behaviours Limited to some trouble/impact due to substance use	Frequent alcohol consumption, binge drinking Struggle to control addictive behaviours Increasing trouble/impact due to substance use	Regular to frequent binge drinking Addiction Significant trouble/impact due to substance use

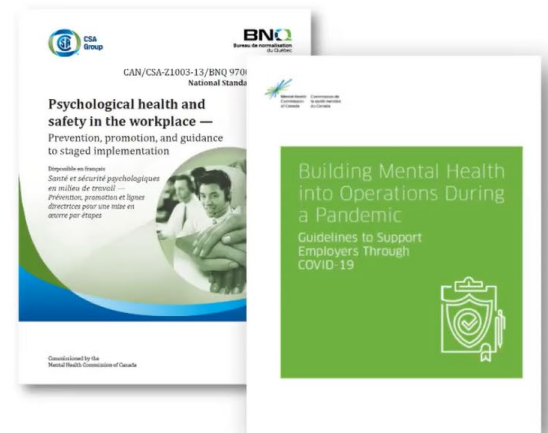
Canadian Mental Health Association.
See Resources and Links of the Resources document.

Workplace Factors




Download free:

<https://theworkingmind.ca/workplace-resources>



Canadian
Psychological
Association.
See Resources
and Links.

CANADIAN
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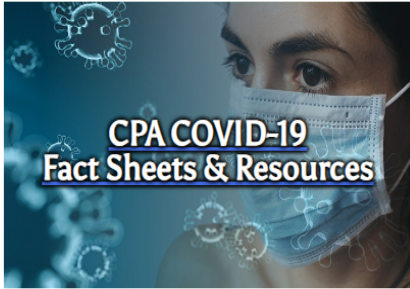
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Corona Virus – COVID-19 Public Resources & Member Messages


As the impact of COVID-19 is being felt worldwide, we recognize the pressure this evolving crisis is placing on students, educators, teachers, supervisors and practitioners of psychology throughout Canada. On behalf of the CPA, we extend our gratitude for the leadership roles so many of you are playing in your communities and your efforts to address the needs of your colleagues, students, patients, government and the public. To support your efforts, and to inform the public, we have compiled and created a variety of resources.



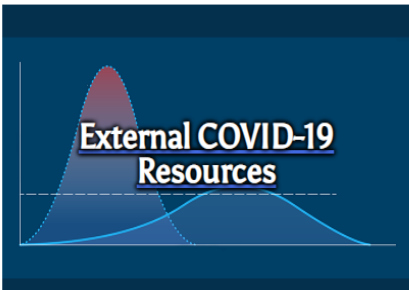
**CPA COVID-19
Fact Sheets & Resources**



**COVID-19
Member Messages**




**COVID-19
News**





**External COVID-19
Resources**

Centres for
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and Prevention.
See Resources
and Links.




BC Centre for Disease Control

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[Menu](#) [Health Info / Diseases & Conditions / COVID-19 / About COVID-19 / Mental Well-Being During](#)

Mental well-being during COVID-19







Find links and resources to help with mental well-being during COVID-19.


Centres for
Disease Control
and Prevention.
See Resources
and Links.



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Search COVID-19

COVID-19

 WEAR A MASK
 STAY 6 FEET APART
 AVOID CROWDS
 GET A VACCINE


Your Health
Vaccines
Cases & Data
Work & School
Healthcare Workers
Health Depts
More

 Your Health

About COVID-19 +
Symptoms +
Testing +
Prevent Getting Sick +
If You Are Sick +
People at Increased Risk +
Daily Activities & Going Out +
Travel +
Children & Teens +
Stress & Coping -

Coping with Stress
Care for Yourself
Helping Children Cope
Reducing Stigma
Grief & Loss

Coping with Stress

Updated Jan. 22, 2021 Languages Print

On This Page

Healthy Ways to Cope with Stress
Mental Health and Crisis

Helping Others Cope

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of [tobacco](#), [alcohol](#), and [other substances](#)

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

CUPE
On the front line

100

Centres for
Disease Control
and Prevention.
See Resources
and Links.

Managing COVID-19 Stress, Anxiety and Depression

News and information about the spread of COVID-19 around the world is coming at us quickly. It can be hard to keep up and if you are keeping up on the latest, it can be even harder to remain calm given all that is going on. Stress, anxiety, and depression are not unusual for people of all ages. But there are things we can do as individuals and collectively to deal with stress and support one another during these challenging times.

1 Know the facts.

Using reliable sources of information will ensure that what you do learn is fact, not fear-based.

- [The BC Centre for Disease Control](#)
- [HealthLinkBC](#)
- [Health Canada](#)
- [The World Health Organization](#)

2 Reach out.

Social distancing is important and will help control the spread of the virus. At the same time, it can also create even greater feelings of isolation, loneliness, and sometimes depression. Use this time to connect in other ways...call those who are alone, connect with friends online, and offer support to those who really need it. Offer a virtual hug over FaceTime or Skype.

3 Have calm conversations.

Maintaining a sense of calm, especially when [talking to children](#), will go a long way toward easing their fears and uncertainty. Provide age-appropriate, factual information and give them the opportunity ask questions and share how they are feeling.

4 Practice self-care.

Build self-care into your day, even (and especially) as activities change and routines are disrupted. All the things you do to take care of yourself will help manage your stress. And by taking good care of yourself, you'll be better prepared to take care of others. Some self-care ideas:

- Meditate
- Practice deep breathing
- Read about something other than the virus
- Start a digital detox (leave your phone alone for a while)
- Play a board game
- Take a bath
- Cuddle your pet
- Exercise

5 Seek help.

You know your body and its signs of stress. If you are having trouble managing your mental health, contact your healthcare provider and encourage those you love to do the same.

Call 1-888-COVID-19 or text 604-630-0300 for details, advice, and further information on the virus in British Columbia.

If you need help, there are many resources available:

CAMH.
See Resources
and Links.



Mental Health in Canada: Covid-19 and Beyond

CAMH Policy Advice

July 2020

The COVID-19 pandemic is an unprecedented global health, social and economic crisis. Over the past several months, governments around the world have responded with a series of measures to protect citizens' physical and financial health. Some, including our federal and provincial governments in Canada, have also recognized the toll that the pandemic is taking on peoples' mental health and have made additional resources and supports available.¹ As we move through the initial COVID-19 crisis and adjust to the next normal, it is imperative that we continue to focus on mental health. A recent poll found that 7 out of 10 Ontarians believe that there will be a 'serious mental health crisis' as a result of the pandemic.² Their concerns are warranted - previous public health and economic crises were associated with serious and prolonged negative impacts on individual and collective mental health³ - but not entirely accurate. Canada was already in the midst of a mental health crisis prior to COVID-19. The pandemic has both magnified and added to this crisis and highlighted how crucial mental health promotion and care are to our overall well-being. Thus, any successful approach to supporting Canadians' mental health in the wake of COVID-19 must address the broader context of mental health care in our country and offer a long-term, multifaceted solution. In this paper, CAMH offers governments and decision-makers five recommendations that we believe will do just that.

COVID-19 and mental health

COVID-19 is having a negative impact on Canadians' mental health, with many seeing their stress levels double since the onset of the pandemic.⁴ People are struggling with fear and uncertainty about their own health and their loved ones' health, concerns about employment and finances, and the social isolation that comes from public health measures such as quarantining and physical distancing.⁵ A recent poll found that 50% of Canadians reported worsening mental health since the pandemic began with many feeling worried (44%) and anxious (41%).⁶ One in 10 Canadians polled said that their mental health had worsened 'a lot' as a result of COVID-19.⁷ Similar results were found in a survey of Canadian workers, where 81% reported that the pandemic is negatively impacting their mental health, indicating a significant drop in overall worker mental health since the beginning of COVID-19.⁸

Substance use is also on the rise in Canada during COVID-19. A recent poll found that 25% of Canadians aged 35-54 and 21% of those aged 18-34 have increased their alcohol consumption since social distancing and self-isolation due to COVID-19 began.⁹ Another study found that Canadians who described their mental health as 'fair' or 'poor' were more likely than those with better mental health to have increased their use of alcohol, cannabis and tobacco during the early stages of the pandemic.¹⁰

The negative impact of COVID-19 on Canadians' mental health is not surprising given that previous health and economic crises have had similar effects. During the SARS outbreak of 2003, residents of Hong Kong (one of the



CAMH.
See Resources
and Links.

People with pre-existing mental illness

Adults and youth with a pre-existing mental illness may be particularly at risk of severe impacts on their mental health as a result of COVID-19.³⁹ The COVID-19 related fears and anxieties experienced by the general population are likely to have a greater impact on those with pre-existing mental illness.⁴⁰ Disruptions in mental health care and supports due to physical distancing measures may contribute to worsening mental health in those who do not have access virtual mental health care.⁴¹ People with serious mental illnesses may be at greatest risk of negative mental health impacts due to COVID-19. Those with severe substance use disorders may not be able to access the harm reduction places and supplies they need for safer use, putting themselves at risk of disease and overdose.⁴² Across Canada, we are already seeing the number of deaths due to overdose increase substantially since the beginning of COVID-19.⁴³ People with schizophrenia may be more likely to contract COVID-19 and experience worse health outcomes due to the nature of their mental illnesses, underlying physical health problems and poor social determinants of health. They are also at risk of experiencing mental health deterioration due to smaller social networks and the social isolation brought on by physical distancing guidelines.⁴⁴



CAMH.
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and Links.

Vulnerable populations

Some groups of Canadians are more vulnerable to the mental health impacts of COVID-19. A recent CAMH study found that women, people who have lost their jobs as a result of the pandemic, those who are worried about their personal finances, people with children at home, and young people are more likely than others to experience symptoms of anxiety and depression at this time.¹⁸

Other groups of Canadians are more vulnerable to the physical health, economic and social impacts of COVID-19, which are likely, in turn, to take a toll on their mental health. In the U.S. and the U.K., evidence suggests that racialized people are more likely to suffer more severe health effects and/or die from COVID-19, with Black individuals at greatest risk.¹⁹ Canadian race-based data on COVID-19 is extremely limited, but evidence from Toronto suggests a similar pattern - communities with the highest number of racialized people have the highest number of COVID-19 infections and related hospitalizations.²⁰ The experience of Indigenous peoples during the previous H1N1 pandemic and the ongoing impacts of colonialism suggest that they are also at higher risk of infection and severe health effects of COVID-19,²¹ but again data is limited.²² Other groups that are vulnerable to infection and severe impacts from COVID-19 (and who frequently intersect with racialized and Indigenous communities) include people with disabilities, people with dementia, immigrants and refugees, workers in low-wage or precarious employment and people who reside in crowded or communal housing, such as shelters.²³ Low-wage workers and those already living in poverty can also be expected to experience the impact of the

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See Resources
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CAN/CSA-Z1003-13/BNQ 9700-803/2013 – Psychological Health and Safety in the Workplace

Psychological health and safety (PHS) is embedded in the way people interact with one another on a daily basis, it is part of the way working conditions and management practices are structured. Bearing this in mind, mental health is a significant consideration across workplaces. The Canadian Mental Health Commission has reported that, in any given year, one in five people in Canada will experience a mental health problem or illness, with a cost to the economy well in excess of 50 billion dollars.

CAN/CSA-Z1003-13/BNQ 9700-803/2013 – Psychological Health and Safety in the Workplace is a voluntary standard that specifies requirements for a documented and systematic approach to develop and sustain a psychologically healthy & safe workplace.

CUPE National
Health and Safety
Branch.
See Resources
and Links.






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Health and Safety

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What to do if you have a health and safety problem

Refusing unsafe work: A step by step guide


Find a health and safety workshop

National Health and Safety Committee


Health and safety is an essential part of our union's work. CUPE members face a wide range of hazards. We provide tools, resources and training to help members stay healthy and safe and to encourage activism. We also conduct research on current and emerging health and safety hazards.




COVID-19

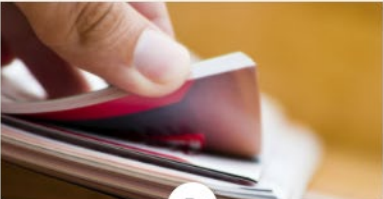



COVID-19 Health and Safety Practices






Health and Safety Committee Resource Kit






Health and Safety Fact Sheets



Prevent violence



Violence Prevention Kit

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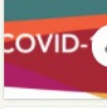

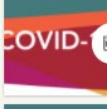
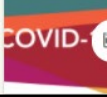
COVID-19 Contact Tracing by Public Health Units

Employer Response for Workers in the case of workplace exposure or transmission

COVID-19: Aerosolization Risk Assessment

View all

2 pages

	COVID-19: Contact Tracing by Public Health Units <small>Mar 8, 2021 COVID-19, Health and Safety</small>
	Employer Response for Workers in the case of workplace exposure or transmission <small>Mar 8, 2021 COVID-19, Health and Safety</small>
	COVID-19: Prevention through Ventilation <small>Feb 22, 2021 COVID-19, Health and Safety</small>
	COVID-19: Aerosolization Risk Assessment <small>Feb 22, 2021 COVID-19, Health and Safety</small>
	Safety concerns for the spraying of chemicals to disinfect for COVID-19 <small>Nov 27, 2020 COVID-19, Health and Safety</small>
	Self-isolation and quarantine: why it's important <small>Aug 6, 2020 COVID-19, Health and Safety</small>
	General Health and Safety System Checklist for COVID-19 <small>Jul 10, 2020 COVID-19, Health and Safety</small>
	Preventing exposure to COVID-19 - Sector-specific resources <small>Jun 18, 2020 COVID-19, Health and Safety</small>
	Good Hygiene Practices and the Respiratory (Cough) Etiquette <small>May 28, 2020 COVID-19, Health and Safety</small>
	Masks and Facial Coverings <small>Jun 1, 2020 COVID-19, Health and Safety</small>

CUPE National
Health and Safety
Branch.
See Resources
and Links.

Though this guide and accompanying kit focus on health and safety committees, much of the information provided will be applicable to smaller workplaces that have health and safety representatives.

- [Download the Guide for Health and Safety for Committee Members and Representatives](#)
- [Download the Incident and Occupational Disease Investigations Guide](#)
- [Order copies of the Health and Safety Committee Resource Kit](#) (Maximum 16 per order)

The Health and Safety Committee Resource Kit provides additional information and materials you can refer to.

ATTACHMENTS

-  [Four steps to resolving a Health and Safety problem](#)
-  [Four myths about workers' compensation](#)
-  [Health and Safety Fact Sheet: Refusing Unsafe Work](#)
-  [Hazard Prevention Program](#)
-  [Hazard vs Risk](#)
-  [Sample Incident Investigation Checklist](#)
-  [Sample Safety Inspection Checklists](#)
-  [Health and Safety Learning Series Pamphlet](#)
-  [Health and Safety Committee Recommendations](#)
-  [Legislation Applying to Health and Safety Committees in Canada by Jurisdiction](#)
-  [Conducting Surveys for Investigations](#)
-  [Terms of Reference for \(Joint\) Health and Safety Committees](#)
-  [Workplace Inspection Guide](#)
-  [Four myths about workers' compensation](#)
-  [Four Steps to Resolving a Health and Safety Problem](#)
-  [Legislative Inspection requirements fact sheet](#)
-  [Violent Incident Report form](#)
-  [Incident Reporting form](#)

Preventing exposure to COVID-19 - Sector-specific resources

Jun 18, 2020

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[COVID-19 Contact Tracing by Public Health Units](#)

[Employer Response for Workers in the case of workplace exposure or transmission](#)

[Employment Insurance and federal recovery benefits: Q&A](#)















[View all](#)

As the global pandemic of COVID-19 persists, CUPE wants to ensure that employers and members continue to implement leading practices to prevent workplace exposure to the virus which causes COVID-19.

The guidance in these documents is specific to the hazard related to COVID-19. It is intended to assist CUPE health and safety activists in their efforts to ensure that adequate protections are in place for members. In the case of those workplace that have suspended operations, the guidance is intended to assist in implementing effective controls prior to the resumption of normal operations.

It remains vital that employers continue to work with their (joint) health and safety committee about the best way to control sector-specific hazards during this pandemic.

ATTACHMENTS

-  [ALL SECTORS](#)
-  [Airlines](#)
-  [Aquatic facilities](#)
-  [Child Care](#)
-  [Community and Social Services](#)
-  [Education sector](#)
-  [Emergency Medical Services sector](#)
-  [Energy sector](#)
-  [Food Management and Services](#)
-  [Health Care and Long-Term Care](#)
-  [Library sector](#)
-  [Municipal sector](#)
-  [Post-Secondary Education sector](#)
-  [School Buses \("Vehicles"\)](#)



General Health and Safety System Checklist for COVID-19

July 10, 2020

The best way to address health and safety concerns is to put the COVID-19 response plan in place before workers are re-introduced into the workplace. Where work has never stopped, existing hazard (or risk) assessments should be reviewed in light of COVID-19. This must be done with a (Joint) Health and Safety Committee or the Health and Safety Representative (HSC/HSR) consultation, as appropriate.

Below is a sample checklist to evaluate the current health and safety system in your workplace as it related to COVID-19. For more information on specific health and safety practices for COVID-19, HSC/HSR resources, and how a hazard/risk assessment can be performed, please visit the CUPE National Health and Safety Section of the website (see links below).

Worker Participation	Yes	No
Are the worker representatives on the HSC selected by the trade union?		
Has the HSC/HSR been consulted about the reopening of the workplace or how COVID-19 may potentially affect workers' health and safety?		
Do(es) the HSC/HSR have a copy of the employer's risk assessment?		
Does the COVID-19 plan include floor plans/layout/tables indicating the locations of COVID-19 control measures in the workplace*?		
Are there clear lines of communication between the CUPE Local Executive and the HSC/HSR?		
Are HSC/HSR members receiving occupational illness notices and information related to COVID-19 exposures?		
Are HSC meetings being held often enough to be useful and relevant to the changing circumstances?		
Are HSC meetings being held in a manner suitable for COVID-19? (For example, are they being held in-person or through an online platform?)		
Was an inspection with worker representative(s) for re-opening performed before workers re-entered a space that was vacated?		
Will the committee or representative be performing increased inspections to ensure COVID-19 precautions are in place?		
Has a workplace COVID-19 policy and plan to implement the policy been prepared with the full participation of the joint health and safety committee (JHSC) or worker health and safety representative?		
Has the employer posted the full workplace COVID-19 policy and plan in the workplace and communicated both to all workers, supervisors, vendors, contractors and clients/customers as appropriate, in writing and/or electronic format?		

*Note – when these are included, it provides specificity to any reader about what will be happening where. Floor plans provide an opportunity to evaluate the space under consideration.

Additional notes or comments or follow-up

Find a health and safety workshop



Celebrate health and safety activists in your local with this certificate

Meet CUPE's health and safety activists



RELATED CONTENT

[COVID-19 Checklist tool – Post-Exposure Response](#)

[COVID-19 Contact Tracing by Public Health Units](#)

[Employer Response for Workers in the case of workplace exposure or transmission](#)

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The Health and Safety Learning Series will give participants a wide range of knowledge and skills related to workplace health and safety. After the nine-hour introductory workshop, participants can take any of the three-hour workshop modules in the three sections outlined below. To receive a certificate, participants need to complete the introduction workshop, all four skills workshops, at least three perspectives workshops, and at least three specific hazard workshops.



Health and safety: An introduction (9 hours)

Every CUPE member should take this workshop. After completing it, members can complete other workshop modules from the Health and Safety Learning Series.

Skills workshops

These workshops will teach members basic skills to be successful while working on a health and safety committee, or as a health and safety representative.

The workshops are:

- Identifying and documenting hazards
- Making committees work
- Basics of incident investigations
- Law and orders

Perspectives workshops

These workshops will challenge participants to think about the different ways that health and safety intersects with human rights issues in our union and our community. Members will learn how they can contribute to social justice causes while improving health and safety in the workplace.

The workshops are:

- Women and work hazards
- Equality in health and safety
- Preventing mental injuries
- Mobilizing around health and safety
- Solidarity beyond borders

CUPE BC OHS
Committee.
See Resources
and Links.

SARS-CoV-2 / COVID-19 Mental Health Resources and Links for CUPE Members - BC Region

January 2021

Tom McKenna, CUPE National Health and Safety Representative BC Region

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.

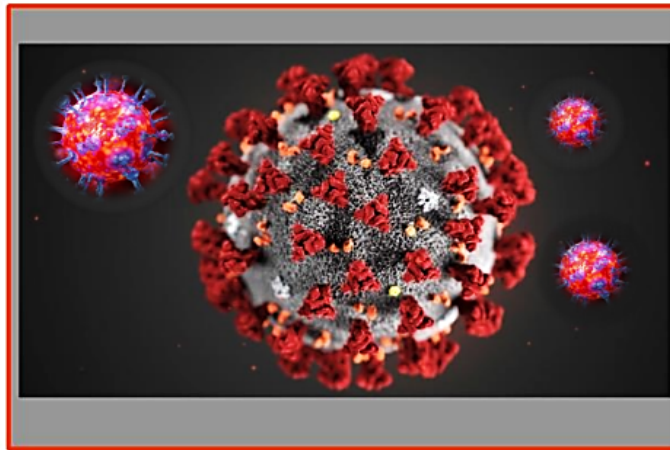
Increased feelings of despair and hopelessness were more pronounced in people who identified as Indigenous (54 per cent), LGBTQ2+ (54 per cent), disability (50 per cent) or women (45 per cent).

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)

CUPE BC OHS
Committee.
See Resources
and Links.

CUPE BC REGION GUIDE
FILING
WORKSAFEBC CLAIMS
COVID-19 – SARS-CoV-2



Tom McKenna, CUPE National Health and Safety Representative
Fall 2020

First Nations
Health Authority.
See Resources
and Links.



Mental Health and Cultural Supports During COVID-19

TELEPHONE AND ONLINE SUPPORT

Virtual Substance Use and Psychiatry Service. A free, referral-based service for First Nations people in BC and their family members. Health care providers, including the [Virtual Doctor of the Day](#) program, can refer you to this service. Available Monday to Friday. [FNHA.ca/VirtualHealth](https://fnha.ca/VirtualHealth)

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service offers mental health counselling and crisis intervention to Indigenous people across Canada. Toll-Free: 1-855-242-3310 www.hopeforwellness.ca

Kids Help Phone is a 24/7 national support service offering professional counselling, information and referrals and volunteer-led, text-based support to youth. 1-800-668-6868 or text the word "connect" to 686868 to access text support.

KUU-US Crisis Services is available 24/7 to support Indigenous people in BC. <http://www.kuu-uscrisisline.ca> Toll-Free: 1-800-KUU-US17 (1-800-588-8717) Adult/Elder: 1-250-723-4050 Child/Youth: 1-250-723-2040

National Indian Residential School Crisis Line supports former Residential School students. The crisis line provides emotional and crisis services 24/7. Toll-Free: 1-866-925-4419

Provincial Alcohol and Drug Information Referral Service provides free referral services to support with any kind of substance use issue (alcohol or other drugs). Toll-free: 1-800-663-1441 Lower Mainland: 604-660-9382

Foundry: health and wellness supports, services and resources for young people ages 12 – 24 and their caregivers. No referral or assessment required. In-person: <https://foundrybc.ca/find-a-centre/> Virtual: <https://foundrybc.ca/virtual/>

FNHA MENTAL WELLNESS AND COUNSELLING SUPPORT THROUGH HEALTH BENEFITS

Health Benefits provides access to mental wellness and counselling services. All services require prior approval. A list of providers registered with Health Benefits can be found on the [Provider List](#) or by contacting: 1-855-550-5454.

INDIAN RESIDENTIAL SCHOOL RESOLUTION HEALTH SUPPORT PROGRAM PROVIDERS (IRS RHSP)

Adah Dene Cultural Healing Camp Society
Margo Sagalon: 250-996-3813
Admin.elders@telus.net
Tracey Charlebois: 250-996-1475
Nakazdileelders@telus.net

Carrier Sekani Family Services
For Vanderhoof: Catherine Lessard: 250-567-2900 or Toll-free: 1-800-889-6855
For Prince George: Rhonda Hourie or Cheryl Thomas: 778-675-0419

Gitanyow Human Services
Wanda Good: 250-849-5651
Wanda.e.good@gmail.com

Gitsan Health Society
Ardythe Wilson: 250-842-8251
irsmanager@gitsanhealth.com
Pam Torres: 778-202-1355
irsmsupport3@gitsanhealth.com
Gary Patsey: 778-202-1703
irsmsupport1@gitsanhealth.com

Nuu Chah Nulth Tribal Council
Vina Robinson: 1-250-724-3939
vina.robinson@nuuchahnulth.org
Daily Elliott: 250-720-1736

Indian Residential School Survivors Society
Stu Mitchell: 604-985-4464 or Toll-free: 1-800-721-0066

Okanagan Nation Alliance
Rachel Marchan: 1-250-470-7048 or Toll-free: 1-866-662-9609
earlyyears@sylix.org

Tsow-Tun-Le-Lum Society
Toll-free: 1-888-590-3123

FNHA TREATMENT AND HEALING CENTRES

During the pandemic, Round Lake Treatment Centre and Gya'waa'Tlaab House of Purification are maintaining a live-in treatment program with additional precautions taken to abide by physical distancing and associated safety requirements. Most treatment centres have moved to providing virtual support to individuals and families.

Carrier Sekani Family Services
Call: 250-567-2900 or Toll-free: 1-800-889-6855 and ask for an ARP Team member
Email: rijohn@csfs.org

Kackaamin Family Development Centre
Call: 250-723-7789 or Toll-free: 1-833-205-6946

Namgis Treatment Centre
Call: 250-974-8015 or Toll-free: 1-888-962-6447 Ext.2152

Nenqayni Wellness Centre
Call: 250-989-0301 or Toll-free: 1-888-668-4245

North Wind Wellness Centre
Call: 250-843-6977 or Toll-free: 1-888-698-4333

Telmexw Awtxew (Sts'ailes First Nations)
Call: 604-796-9829

Tsow Tun Le Lum
Call: 250-268-2463 or Toll-free: 1-888-590-3123

Wilp Si'Satxw Healing Centre
Call: 778-202-0162, 778-202-1349 or Toll-free: 1-877-849-5211

All information in this document is accurate as of December 9, 2020.

Government of
BC.
See Resources
and Links.

Province-wide restrictions

Province-wide restrictions



Provincial restrictions are in place to help stop the spread of COVID-19. Some restrictions are made by the Provincial Health Officer (PHO) under the Public Health Act and others are made under the Emergency Program Act (EPA). Most orders can be enforced by police and compliance and enforcement officials.

Last updated: **February 8, 2021**

On this page:

- [PHO order on gatherings and events](#)
- [PHO order on restaurants and bars](#)
- [EPA order on masks in public indoor settings](#)
- [Travel advisory](#)
- [Enforcement](#)

PHO order on gatherings and events

This content is a summary of the [PHO order – Gatherings and Events \(PDF\)](#) document. It is not legal advice and does not provide an interpretation of the law. In the event of any conflict or difference between this webpage and the order, the order is correct and legal and must be followed.




By order of the PHO, all gatherings and events are suspended to significantly reduce COVID-19 transmission related to social interactions. The order came into effect November 19, 2020 at midnight and will be kept in place until further notice based on direction from the PHO.

Gatherings at residences or vacation accommodations

No social gatherings of **any size** at your residence with anyone other than your household or, if you live alone, your core bubble. For example:

- Do not invite friends or extended family into your residence or vacation accommodation
- Do not gather in your backyard, patio, driveway or anywhere else on your property
- Do not host playdates for children

Mental Health
Commission of
Canada.
See Resources
and Links.

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[COVID-19 Resources](#)


Workplace Resources

[COVID-19 resources for workplace](#)
[General resources for workplace](#)

Search:

Resource name	Resource type
How Employers Can Help Women Who Are Returning To Work [Download] (New!)	Guide
Suicide Prevention in the Workplace [Download]	Guide
Mini-guide to help employees' mental health through winter [Download]	Guide
Building Mental Health into Operations During a Pandemic [Download]	Guide
Conversation Guides For Pandemic Project	Guide
Flexible Work Life	Guide
Pandemic Response Checklist - Action Plan	Guide
Preventing Retraumatization	Guide
Temporary Work at Home Ergonomics Guideline	Guide
Health and Safety Information Guide and Checklist	Document
Simple strategies to restore business to an acceptable level	Document
Social Stigma and COVID-19: Protecting Your Workers. Interview with Dr. Keith Dobson	Video
Support the Mental Health of Retail Workers During COVID-19	Video
Building Mental Health into Emergency Management and Business Continuity Programs: Pandemic Response	Video
How to Support the Mental Health of Workers in Times of Change and Uncertainty: Responding to a Pandemic	Video
Best Practices for Supporting the Mental Health of Healthcare Workers During Covid-19	Video
National Standard of Canada on Psychological Health and Safety in the Workplace	Standard
The Working Mind COVID-19 Self-care & Resilience Guide	Guide
Assembling the Pieces – Implementation Guide for the National Standard of Canada on Psychological Health and Safety in the Workplace	Guide
13 Factors: Addressing Mental Health in the Workplace	Webpage

Statistics Canada.
See Resources
and Links.



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About StatCan

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[11-631-X](#)

Impacts on Mental Health

Release date: October 20, 2020

More Information
PDF version

Key messages:

- Youth have experienced the greatest declines since the pandemic began.
- Those already experiencing poor mental health before COVID-19 were impacted even more by the pandemic – including those from the LGBTQ community.
- Visible minority groups were more likely than Whites to report poor mental health (27.8% vs. 22.9%) and symptoms consistent with "moderate" or "severe" generalized anxiety disorder (30.0% vs. 24.2%).
- Those reporting poor mental are up to 4 times more likely to report increased substance use since the pandemic began.

The pandemic has impacted the mental health of Canadians, with youth experiencing the greatest declines


Since COVID-19, fewer Canadians report having excellent or very good mental health – 55% (July 2020) down from 68% (2019).

Prior to COVID-19, youth aged 15-24 were the least likely to report excellent or very good mental health.

- They report the greatest declines - 20 percentage point reduction from 60% (pre-COVID) to 40% (July 2020)

Seniors aged 65 and older are the only group to date who have not experienced declines in mental health since the pandemic began.

Women continue to report lower levels of mental health compared with men – 52% vs 58%.

Proportion of Canadians reporting excellent or very good mental health pre and post COVID by age group, Canada, 2019, March and July 2020. 

Statistics Canada.
See Resources
and Links.

Those already experiencing poor mental health before COVID-19 were impacted even more by the pandemic

Prior to the pandemic, LGBTQ were at higher risk of mood disorder

Since the pandemic, among respondents to a crowdsourcing survey, gender diverse individuals were...

- More likely to report fair/poor mental health (70%), compared with female (25.5%) and male participants (21.2%)
- Twice as likely as females and three times as likely as males to report symptoms consistent with moderate/severe GAD (62%, 29%, 21%).

These differences can be explained in part by...

- Younger age among gender diverse individuals;
- Gender diverse participants were more likely to be very/extremely concerned about the potential impacts of COVID-19; and
- Greater likelihood of job loss and inadequate financial resources.

Generalized anxiety disorder (GAD) is a condition characterized by a pattern of frequent, persistent worry and excessive anxiety about several events or activities.

Declines in mental health observed by employment status

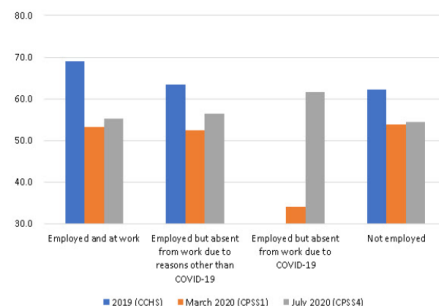
Evidence suggests a link between economic downturns and changes in mental health.

Since COVID-19, significant declines in mental health is observed among all employment groups compared to pre-COVID levels.

At the start of the pandemic (March), those not working due to COVID-19 reported the lowest levels of excellent or very good mental health (34%.)

- But this group reported the largest increase in July at 61% - possibly reflecting the impacts of support programs.

Proportion of Canadians reporting excellent or very good mental health pre and post COVID by employment status, Canada, 2019, March and July 2020



Sources: Statistics Canada, Canadian Community Health Survey, 2019 and Canadian Perspectives Survey Series 4.

Statistics Canada.
See Resources
and Links.

Those reporting poor mental are up to 4 times more likely to report increased substance use since the pandemic began

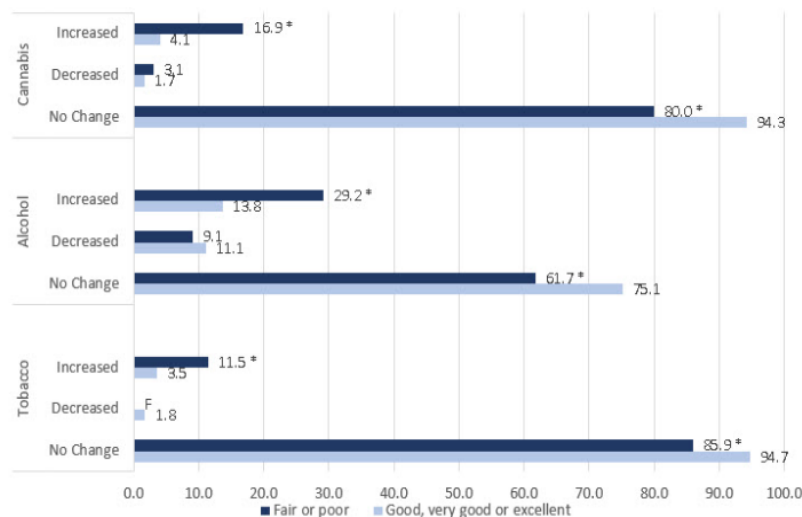
Prior to COVID...

- 14% of Canadians reported consuming cannabis
- Heavy drinking behaviours have remained relatively stable – highest rates among young males (33%)

Since COVID-19, some Canadians continue to report increases in their alcohol (16.2%), cannabis (6.1%) and tobacco (4.8%) consumption.

- Increase in cannabis use highest among youth aged 15 to 35 (12%)
- Increase in alcohol use highest among those 35 to 54
- Similar patterns between males and females

Proportion of Canadians reporting increase in substance use by mental health, Canada, 2020



WorkSafeBC.
See Resources
and Links.

The screenshot shows the WorkSafeBC website with a blue and white color scheme. The header includes the WorkSafeBC logo and navigation links: Forms & Resources, Law & Policy, About Us, Contact Us, and a login/register button. A search bar is also present. The main content area features a large blue banner with a virus illustration and the text 'COVID-19'. Below this is an orange box titled 'How do I...' containing six links: 'Develop, review, and update my COVID-19 safety plan', 'See my legal requirements for a COVID-19 safety plan', 'Find COVID-19 health and safety resources', 'Report a claim if I'm a worker', 'Report a claim if I'm an employer', and 'Find public health orders and guidance'. Further down, there are sections for 'Keeping workplaces safe' (with links like Controlling exposure, PHO order, etc.), 'Industry-specific information' (with links like Construction, Hospitality, etc.), 'Claims' (with links like Information for workers, etc.), and 'News' (with articles about CEWS support and Super Bowl safety plans).

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COVID-19

How do I...

- Develop, review, and update my COVID-19 safety plan
- See my legal requirements for a COVID-19 safety plan
- Find COVID-19 health and safety resources
- Report a claim if I'm a worker
- Report a claim if I'm an employer
- Find public health orders and guidance

Keeping workplaces safe

- Controlling exposure
- PHO order: Worker health checks
- COVID-19 inspections
- Prevention Services data
- Mandatory masks in public places
- COVID-19 vaccinations
- COVID-19 FAQs

More ▶

Industry-specific information

- Construction
- Hospitality
- Gyms and fitness centres
- Personal services
- Health care
- Small business
- Offices
- Restaurants, cafés, pubs, and nightclubs

More ▶

Claims

- Information for workers
- Information for employers
- Claims data

Other

- Insurance
- WorkSafeBC's COVID-19 Safety Plans

News

Continued support for employers receiving CEWS
Published on: March 01, 2021

WorkSafeBC engaging with industry to remind employers and workers to prioritize COVID-19 health and safety ahead of long weekend
Published on: February 12, 2021

WorkSafeBC expects bars, pubs, and restaurants to revisit COVID-19 safety plans ahead of Super Bowl
Published on: February 05, 2021

WorkSafeBC.
See Resources
and Links.

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Reviewing and updating your COVID-19 safety plan: A guide for employers

This guide will help employers review their [COVID-19 Safety Plan](#) to ensure it continues to be effective and functioning properly. As an employer, you're required to have a safety plan that outlines the policies, guidelines, and procedures you've put in place to reduce the risk of COVID-19 transmission. You must also review and update your plans if conditions change or in response to Provincial Health Officer orders.

[Additional resources](#) and information about COVID-19 are also available.

[Download PDF](#)

Also available in: Tiếng Việt, ਪੰਜਾਬੀ, 한국어, 中文 (繁體), 中文(简体), Español, Français

Publication Date: Nov 2020

File type: PDF (230 KB)

Asset type: Guide

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WorkSafeBC.
See Resources
and Links.

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Information in other languages

WorkSafeBC's COVID-19 Safety Plans

COVID-19 information for workers

We're committed to continuing to provide you with access to WorkSafeBC services. Please see below for information on how we're supporting you during the pandemic.

What workers can do to stay safe at work

We're here to help

Claims

What workers can do to stay safe at work

First, make sure you know and understand the workplace health and safety responsibilities for workers and others in the workplace.

Then, visit these pages to learn what you can do to help prevent the workplace transmission of COVID-19.

- What workers should do to prevent the spread of COVID-19
- What workers should expect when returning to the workplace
- Controlling exposure
- Mandatory masks in public places
- PHO order: Worker health checks
- COVID-19 vaccinations
- COVID-19 FAQs

CUPE
On the front line

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COVID-19

[Health and safety](#)

- What employers should do
- What workers should do
- Controlling exposure
- Mandatory masks in public places
- PHO order: Worker health checks
- COVID-19 vaccinations
- COVID-19 inspections
- COVID-19 FAQs**
- Prevention Services data
- Links to public health orders and guidance

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[COVID-19 information for workers](#)
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COVID-19 FAQs

Below are answers to frequently asked questions from British Columbian workers and employers focusing on how to maintain a healthy and safe workplace during the COVID-19 outbreak. Questions and answers are grouped under various topic headings.

The information on this page is based on current recommendations and may change. For the latest guidance, please see the following websites:

- [British Columbia Centre for Disease Control](#) for health information
- [Government of British Columbia](#) for the latest news
- [Office of the Provincial Health Officer](#) for the latest orders

COVID-19 safety plans

Every employer is required to have a COVID-19 safety plan that assesses the risk of exposure at their workplace and implements measures to keep their workers safe.

To help you develop your plan, this page provides information and resources on keeping workers safe in industries that have been providing essential services since the start of the COVID-19 outbreak. For additional information, also see:

- Industry-specific information for details on developing a safety plan, including a template for a COVID-19 Safety Plan
- Our COVID-19 Safety Plan OHS Guideline, which includes information on the level of detail required and using supporting documentation
- Reviewing and updating your COVID-19 safety plan: A guide for employers, which will help you ensure your plan continues to be effective and functioning properly

WorkSafeBC will be reviewing plans of individual employers during their inspections of your workplace. Please be reminded that in accordance with the order of the provincial health officer, this plan **must be posted** at the worksite and posted to the website, if there is one. During a WorkSafeBC inspection, we will ask employers about the steps they have taken to protect their workers and to see their plan. To learn more, read [Inspections during the COVID-19 pandemic](#).

COVID-19 safety plans

Employer obligations

Joint health and safety committees and worker representatives

Mental health

Incident investigations

WorkSafeBC.
See Resources
and Links.

Industry-specific information ▶
Claims ▶
Insurance
COVID-19 information for workers
COVID-19 information for employers
Information in other languages
WorkSafeBC's COVID-19 Safety Plans

detail required and using supporting documentation

- Reviewing and updating your COVID-19 safety plan: A guide for employers, which will help you ensure your plan continues to be effective and functioning properly

WorkSafeBC will be reviewing plans of individual employers during their inspections of your workplace. Please be reminded that in accordance with the order of the provincial health officer [B.C.](#), this plan **must be posted** at the worksite and posted to the website, if there is one. During a WorkSafeBC inspection, we will ask employers about the steps they have taken to protect their workers and to see their plan. To learn more, read [Inspections during the COVID-19 pandemic](#).

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Employer obligations	+
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Mental health	+
Incident investigations	+
Exposure control plans	+
Illness in the workplace	+
Workplace entry restrictions	+
Health monitoring and temperature checks	+
Workers moving between locations	+
Personal protective equipment	+
COVID-19 safety in vehicles	+
Worker accommodation	+
Resolving concerns about unsafe work	+
Getting help	+

WorkSafeBC.
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and Links.

Addressing the mental health effects of COVID-19 in the workplace

A guide for workers

It's normal to feel worried, distressed, or overwhelmed as we all process the impact of the COVID-19 pandemic. It takes time to adjust and find ways to cope with all the changes happening around us. The outbreak of COVID-19 affects most people at both work and home, which can take a toll on our mental health. As humans, we're naturally built to experience an array of emotions in times of uncertainty. Some common reactions include feeling helpless, sad, stressed, lonely, or afraid for your health or the health of loved ones.

If you're a front-line worker in health care, food services, transportation services, or other essential services, you may face unique challenges so take extra care to balance the demands of work with the health and well-being of you and your families.

This guide suggests healthy ways to manage stress and anxiety so you can better take care of yourself, support others, and maintain productivity at work. Note that this resource focuses primarily on your mental health. For information about protecting your physical health and safety at work and accessing WorkSafeBC services during this time, visit worksafebc.com.

Fight fears with facts

The first line of defence against fear and anxiety is knowledge. Given the amount of misinformation that exists on the web about COVID-19, you can reduce stress by educating yourself on the facts. Trusted sources you can refer to include [HealthLinkBC](https://healthlinkbc.ca), the [BC Centre for Disease Control](https://www.bccdc.ca),

the [Public Health Agency of Canada](https://www.canada.ca), and the [World Health Organization](https://www.who.int).

As many people's work environments are changing due to COVID-19, it's more important than ever for workers and employers to cooperate on making sure the workplace is healthy and safe. Whether you're in your regular workplace or you're working from home, you and your employer have [responsibilities to ensure your health and safety](#), including your mental health. For more information about your rights and responsibilities, see [WorkSafeBC's COVID-19 updates page](#) or talk to your manager or supervisor.

Finances can also be a huge source of stress for people in this ever-changing employment landscape. Having reliable information about what government assistance is available may not entirely eliminate financial concerns, but it can help you feel less anxious about how you'll make things work. Both the [Government of B.C.](https://www2.gov.bc.ca) and the [Government of Canada](https://www.canada.ca) provide benefits relating to a range of services, including employment, finance, and housing. These benefits continue to be updated, so be sure to check their websites regularly for the latest information.

Take care of your mental health

Self-care strategies can help you regain a sense of control during times of stress. This allows you to function better at home and at work. Here are some ideas:

- Set limits on accessing the news, and try to focus on information from reliable sources that is relevant to you and your situation right now.

WorkSafeBC.
See Resources
and Links.

Spending too much time reading about what's going on in other parts of the world can skew your perspective and make you feel even more anxious.

- Maintain a routine: set a schedule that can provide you with structure and keep you on track in your day-to-day. Getting dressed, eating breakfast, having regular work hours with scheduled breaks, and having time for exercise and self-care can all help in managing work-life balance and stress.
- If you have a pre-existing health condition, times of stress can make symptoms worse. Monitor your health and address any additional symptoms appropriately.
- Take care of your physical health: exercise regularly and eat a balanced diet, and try to avoid sleeping too much or too little.
- Practise stress-reduction techniques, such as yoga, mindfulness practices, and deep breathing.
- Use healthy coping strategies, including being mindful of sleep routines, exercise, eating a healthy diet, and maintaining social contact can help you avoid falling into problematic patterns, such as turning to alcohol, cannabis, gambling, or other unhealthy ways of coping with stress.
- Pay attention to your moods and how you're feeling. Recognize these can change frequently and that is normal.
- Set boundaries to maintain healthy relationships. If you're working at home with a full house, try to find a quiet and private space. Make sure you get what you need, so that you can be your best for the people who depend on you.
- Reach out by phone or online to other informal supports in your life, such as family, friends, your faith community, or other groups you're a part of.
- Look for opportunities to help others, especially those who are vulnerable or may have to stay

home. Finding meaningful ways to be of service to others or contributing to the community can be beneficial for you and everyone involved.

During this time, it can also help to reflect on the ways you've dealt with and overcome hardships in the past. Remember, you're not alone and help is available if you need it (see the list of resources at the end of this guide).

Staying connected in the workplace

Whether you're in your usual workplace or at home, staying connected with your co-workers and your employer during this time can reduce anxiety and feelings of isolation. Think of creative ways you can reach out to co-workers while continuing to practise physical distancing. Also, touch base with your manager or supervisor regularly so that you're up to date on organizational changes and how they may affect your work duties or expectations.

Supporting your co-workers

Notice a co-worker is feeling overwhelmed and you want to support them? It can be hard to know how to talk about what's going on. Below are some simple conversation starters you can use whether you're talking to co-workers in person at your workplace or remotely from home:

- How are you doing today?
- I know there is a lot changing around us, how are you managing?
- You seem a bit unsettled. Want to talk about what's happening?
- I've been feeling [share appropriate personal experience]. How are you feeling?
- What can I do to support you?

WorkSafeBC.
See Resources
and Links.

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80%

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A guide for workers
WORKSAFE BC

Not sure what to say? Be honest about that. We don't always have all the answers or know the "right" thing to say and that's okay. Here are some responses when you don't know what to say:

- It sounds like you're going through a lot. I'm not sure what to say, but I can listen.
- I haven't been through what you're experiencing, but I'm here to support you.
- I don't have the answers, but let's look for resources together.
- I can only imagine what that might be like. Tell me more so I can try to understand.

Mental health resources

Workplace resources

Your organization may have resources and programs that you and your family can access. Talk to your supervisor or employer to see what's available. These may include:

- Employee and Family Assistance Program
- Organization peer support team
- Occupational health nurse
- Extended health benefits provider (for mental health benefits)

Community resources

There are many community and government resources that you may find helpful, including:

- **Managing COVID-19 Stress, Anxiety & Depression** — Tips and resources from B.C.'s Ministry of Mental Health and Addictions | [webpage](#)
- **BC COVID-19 Symptom Self-Assessment Tool** — Developed with the B.C. Ministry of Health, this tool helps determine whether you need further assessment or testing for COVID-19 | [covid19.thrive.health](#)
- **The Crisis Intervention and Suicide Prevention Centre of BC** — This crisis line provides 24/7 support if you or someone you know is having thoughts of suicide | [crisiscentre.bc.ca](#); 1.800.SUICIDE (1.800.784.2433)
- **310Mental Health Support** — Emotional support, information, and resources specific to mental health | [crisislines.bc.ca](#); 310.6789 (no need to dial area code)
- **Red Book Online** — Provides information and referrals to community, government, and social services in B.C. | [redbookonline.bc211.ca](#); 2-1-1
- **Mental health tips for working at home** | [Government of Canada](#)

Self-care resources

These online tools and resources can help support your positive mental health:

- **heretohelp** — Strategies to help you take care of your mental health and learn how to support a loved one | [heretohelp.bc.ca](#)
- **MindShift CBT app** — This free app, provided by Anxiety Canada, helps you learn ways to relax, be more mindful, develop more effective ways of thinking, and better manage anxiety. | [anxietycanada.com](#)
- **MoodFX** — This tool includes online and self-guided resources to help people manage anxiety and mood difficulties | [moodfx.ca](#)
- **Bounce Back Online** — Online learning modules and resources to help manage depression and anxiety | [online.bouncebackonline.ca](#)

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Claims


During the COVID-19 situation, WorkSafeBC remains committed to providing the services you rely on – including the services we offer to those who suffer a work-related injury or disease. Our call centres remain open, and we are continuing to adjudicate and manage new and existing claims. During these challenging times, we are still here to help.


To learn more, see:

- [Information for workers](#)
- [Information for employers](#)
- [COVID-19 claims data](#)

Workers'
Advisors Office
via WorkSafeBC.
See Resources
and Links.







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[Start a New Inquiry](#)
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[Factsheets](#)
[Workers' Compensation Advocacy Training](#)
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[Frequently Asked Questions](#)
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Workers' Advisers Office

Operating independently of WorkSafeBC, the Workers' Advisers Office provides free advice and assistance to workers and their dependants on disagreements they may have with WorkSafeBC decisions.

When to Contact Us

1. You receive a decision from WorkSafeBC about a claim for compensation but disagree with it and want advice and assistance on a potential appeal.
2. WorkSafeBC refused or failed to provide you with a decision on an issue of entitlement under the *Workers Compensation Act*.
3. You raised an issue of health and safety in the workplace and your employer took some action, or failed to take some action, that adversely affected your terms of employment or membership in a union.
4. WorkSafeBC declined to accept your claim for "Prohibited Action" (see 3 and 4 above) under sections 47 and 48 of the *Workers Compensation Act*.


Contact WorkSafeBC If:

1. You wish to make a claim for injury or occupational disease.
2. You wish to complain about the employer's response to a health and safety concern.
3. You have questions about the status of your claim.
4. You have questions about why a particular decision was made by WorkSafeBC.
5. You want WorkSafeBC to make a decision on your claim.
6. You have general - "what if?" - questions about workers compensation law and/or WorkSafeBC policies.

For information on your claim status please call WorkSafeBC directly at 1

About Us

WAO Overview



This video provides an overview of the services we offer to help you with your WorkSafeBC claim.

Need Help?

[Start a New Inquiry](#)

The WAO provides workers, their dependants and other stakeholders with independent advice, assistance, representation, training and mentoring with respect to workers' compensation issues.

Employers'
Advisors Office
via WorkSafeBC.
See Resources
and Links.

BRITISH COLUMBIA

Home > Employment, business and economic development > Employers >

Workers' Compensation Insurance
Workers' Compensation Claims
Occupational Health and Safety

Employers' Advisers Office

EAO COVID-19 Service Impacts

- ANOTHER NEW WEBINAR!!! [Due Diligence: Enforcement \(Webinar 2 of 2\)](#) has been posted, in addition to Due Diligence: The Basics (Webinar 1 of 2) and our Joint Committee [webinars](#) (please note we are posting webinars only for April at this time; additional webinars for May and June will be posted shortly)
- Recordings of our COVID-19 – WorkSafeBC Claims and COVID-19 – Refusal of Unsafe Work webinars are found here: [Recorded Webinars](#)
- E-learning courses are available
- In-person seminars remain on hold during the pandemic
- We are working on innovative ways to get our training out to you
- Please keep checking our website for updates and subscribe to our newsletter

Amendments to the *Workers Compensation Act*

- Bill 23 received Royal Assent on August 14, 2020, bringing significant changes to the *Workers Compensation Act*. Please see our [Bulletin](#) for more information.

1 / 16 | 90% + | [Icons]

BRITISH COLUMBIA | Employers' Advisers Office

COVID-19: WorkSafeBC Claims

Frequently Asked Questions

Ministry of Labour