



# Mental Health and COVID-19

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CORONAVIRUS | News

## Anxiety and depression have spiked among Canadians: survey



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LIFESTYLE

## 11 million Canadians could experience 'high levels of stress' due to COVID-19: Health Canada



BY MEGHAN COLLIE • GLOBAL NEWS

Posted May 21, 2020 4:00 am

Updated May 21, 2020 8:38 am

## Canadians are feeling unprecedented levels of anxiety, according to Mental Health Index

**Pandemic has caused a dramatic 16-per-cent drop in Canadians' mental health, according to Morneau Shepell's Mental Health Index: a score of 63**

Canada

## "That finding really jumps out': Half of Canadians say mental health has worsened during COVID-19 pandemic



Angus Reid survey suggests 44% are worried, 34% are grateful and 30% are just bored

[Chris Arsenault](#) • CBC News • Posted: Apr 27, 2020 3:01 AM ET | Last Updated: April 27



# What is Causing Stress?

- Economic concerns
- Loss of or tenuous job
- Vulnerable family and friends
- Personally acquiring covid-19
- Self-isolation
- Virtual engagement
- Fear/uncertainty of future
- Grief
- Loss of control
- Exacerbation of pre-existing mental health difficulties
- Balancing multiple roles



# Coping Strategies

- What has worked for you in the past during difficult situations?
- Limit exposure to news
- Regular physical exercise
- Engagement with enjoyable television, podcasts, and music
- Setting deliberate times for social connection
- Limit use of mind-altering substances
- Try to maintain as much of a routine as possible
- Go outside



# Wellness Strategy

- 1. Normalizing
  - Know that your stress is normal
  - Self-compassion
- 2. We're all in this together
  - Remember that we are not alone
  - Connect with supports frequently
- 3. Make a happy list
  - Activities that bring you joy, comfort, or peace
- 4. Make your strategies explicit
  - Sharing this list with others



# Mindfulness of Mental Health & Safety in the Workplace

- Frequent check-ins with teams, individuals
- Transparent leadership
- Continue remote work if possible
- Recognition
- Child care
  
- Pandemic Toolkit for Leaders, Managers, and Supervisors
  - <http://www.phsa.ca/health-promotion-site/Documents/Managers-COVID19-Pandemic-Toolkit.pdf>
- COVID-19 Returning to Work: Manager's Checklist
  - <http://www.phsa.ca/health-promotion-site/Documents/Covid-19%20Returning-to-Work-Manager%27s-Checklist.pdf>



# Resources

- Improving Mental Health During COVID-19
  - [mentalhealthcovid19.ca](https://mentalhealthcovid19.ca)
  - A comprehensive guide to addressing mental health difficulties during this pandemic
  - Wealth of resources (ie. Online tools, virtual counseling, apps, addictions, domestic violence, crisis numbers)
- COVID with Kids
  - [covidwithkids.org](https://covidwithkids.org)
  - Resources to create structure, indoor/outdoor activities, how to talk with children about the pandemic, suggestions for connection

## MENTAL HEALTH CONTINUUM MODEL

