

Coping ^{with} COVID-19

During COVID-19 healthcare workers have experienced extraordinary circumstances with significant effects on their mental health.

These mental health resources aim to help healthcare workers to support their own mental and physical health.

This list includes resources that are:



- Free
- Evidence-based
- Online
- Confidential
- Flexible
- One-on-one

<https://rgpc.ca/programs-services/coping-with-covid/>

If you, a loved one or colleague is experiencing a mental health crisis, please seek help immediately through COAST by calling 905.972.8338 or 9-1-1



National Collaborating Centre
for Methods and Tools

Centre de collaboration nationale
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