

## MENTAL HEALTH SUPPORT FOR WORKERS CORONAVIRUS (COVID-19)

*The following document was put together in collaboration with the BCCSA and the Scott Construction Mental Health Committee. It provides recommendations and resources for BC construction workers who may be experiencing increasing levels of mental unease due to the COVID-19 pandemic. It is not meant as a substitute for professional mental healthcare and anyone experiencing thoughts of self-harm or harm to others should immediately seek professional mental health support.*

### SUPPORT BY PHONE:

- BC Provincial Health & Advice: 811
- 1-800-SUICIDE (1-800-784-2433)
- Mental Health Support Line: 310-6789 (do not add 604, 778 or 250 before the number)
- Seniors Distress Line: 604 872 1234
- Kid's Help Phone: 1-800-668-6868
- Alcohol & Drug Information & Referral Service: 1-800-663-1441 or in Lower Mainland 604-660-9382
- Emergency: 911

### ONLINE RESOURCES:

- Crisis Centre BC <https://crisiscentre.bc.ca/>
- Online Crisis Chat (noon to 1am) <https://crisiscentrechat.ca/>
- Canadian Mental Health Association, BC Division <https://cmha.bc.ca/>
- HealthLinkBC Mental Health <https://www.healthlinkbc.ca/mental-health-substance-use>
- BCBT-CLRA Construction Industry Rehabilitation Plan <http://constructionrehabplan.com/>

## 5 ACTIONS TO MANAGE ANXIETY

1. **Acknowledge:** notice and acknowledge the uncertainty as it comes to mind.
2. **Pause:** don't react as you normally might; choose to pause and breathe.
3. **Pull back:** remind yourself this is only a thought or feeling. Thoughts are not statements or facts.
4. **Let go:** let go of the thought or feeling; let it pass. Do not respond to it. Imagine it floating away.
5. **Explore:** Explore the present moment. Notice the sensations of your breathing. Notice the ground beneath your feet. Identify something you see, hear, can touch, and smell – right now. Then shift your focus to what you need to do, on what you were doing before you noticed the worry, and mindfully resume activity with your full attention.

## 10 ACTIONS FOR SUICIDE PREVENTION

1. Be direct - ask if the person is thinking of suicide. If yes, is there a plan and timeline?
2. Have they been drinking or taken any drugs or medications?
3. Don't judge them.
4. Don't minimize their feelings.
5. Don't use clichés or try to debate them.
6. Don't be sworn to secrecy. Seek out the support of appropriate professionals.
7. Ask who can be contacted with whom they feel safe or comfortable.
8. In an acute crisis, take them to an ER, walk-in clinic, or call 911.
9. Do not leave them alone.
10. Remove access to any obvious means (e.g., firearms, drugs, sharp objects).

## HEALTHY STRATEGIES TO FORTIFY MENTAL HEALTH

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### USE HEALTHY STRATEGIES TO SUPPORT YOUR MENTAL HEALTH

**HEALTHY STRATEGY:** Choose only a few specific times each day to check the news and resist the temptation to “cheat”.

**HEALTHY STRATEGY:** Stick to trusted sources of information that are strictly verified such as:

- **BC Centre for Disease Control** <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- **Government of Canada** <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- **World Health Organization** <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

**HEALTHY STRATEGY:** Mute key words which might be triggering on Twitter and unfollow or mute triggering accounts.

**HEALTHY STRATEGY:** Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.

**HEALTHY STRATEGY:** Access nature and sunlight wherever possible. Safe social distancing with fresh air is a great idea!

**HEALTHY STRATEGY:** Exercise at home, make healthful food choices, and stay hydrated.

**HEALTHY STRATEGY:** Take deep breaths, stretch, meditate and get plenty of sleep.

**HEALTHY STRATEGY:** Make time to unwind and try to do other activities that you enjoy. Read for pleasure, play a board game, play a musical instrument, continue hobbies.

**HEALTHY STRATEGY:** Talk with people you trust about your concerns and how you are feeling.

**HEALTHY STRATEGY:** Be available to listen to others who may need a friendly ear.