Post-COVID-19 Patient to Patient Support Options

Disclaimer: The Post COVID-19 Interdisciplinary Clinical Care Network does not endorse, advise or oversee any of the following organizations/programs/groups. Please contact the organizations/programs/groups directly with your questions.

Self Management BC:

If you would like more support in your self-care strategies please visit www.selfmanagementbc.ca. This program is free and available to anyone. The goal of this program is to explore healthy ways to live with a challenging long-term illness. Long-term illness often causes fatigue, physical limitations, poor sleep, pain, and may cause emotional distress such as frustration, anger, anxiety, or a sense of hopelessness. This program offers self-study toolkits, group sessions by phone, group programs by computer/tablet, and one-to-one peer coaching to help you be your best, do the things you want to do, and get pleasure from life. Although it is not designed specifically for patients with Post-COVID, it may be helpful to those living with persistent symptoms of COVID-19.

Long COVID-19 Support Group:

Prince George Hospice Palliative Care Society has a program to support people living with the effects of COVID-19. This is a peer support group for people with Long Covid. They offer one-to-one support or peer support over ZOOM or in-person. The group is facilitated by staff and volunteers. The participants in the group are the experts. Come together for coffee, cookies, and great conversation. We laugh, we cry, we care for each other. Monday afternoons 1:00 – 3:00 pm. For more information or to register, please call: Prince George Hospice Palliative Care Society 250-563-2551, or email info@pghpcs.ca

Online Post COVID-19 Groups:

- Facebook: COVID Long-Haulers Support Group Canada
- Facebook: BC COVID Long-Haulers
- https://www.covidlonghaulcanada.com/
- Body Politic COVID-19 Support Group

The Post COVID-19 Recovery Clinics in BC provide virtual group education and small group therapy sessions for their patients. If you are not currently a patient and would like to be referred, please speak to your doctor. Information on the clinics can be found here: phsa.ca/PostCovid

Please contact: post-COVID-ICCN@phsa.ca if you know of other organizations/programs/groups that could be added to this list.