

Mental Health in Post-COVID-19 Recovery

For some people, recovery from COVID-19 can take a long time and can be complicated by mental health challenges such as low mood and heightened anxiety (feeling tense, worrying excessively, difficulty sleeping or concentrating). Understandably, these symptoms can be distressing but fortunately, for most people, these symptoms get better.

To help you along the journey to recovery, you can speak with a health care professional for support (such as your family doctor) and explore these recommended resources:



Web Resources

Anxiety Canada - COVID19:
www.anxietycanada.com/covid-19/

Here to Help - COVID19:
www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety

Foundry (for youth aged 12 - 24):
www.foundrybc.ca/covid19/

Calm - Videos for meditation & relaxation:
www.youtube.com/c/calm

Mobile Apps

Free for iOS & Android devices - Be sure to select/enable notifications/reminders if available!

[Mindshift CBT](#) (Anxiety focus)

[COVID Coach](#)

[Woebot](#) (Chatbot)

[Wysa](#) (Chatbot & optional paid chat therapist)

[Breathr](#)

[Mindfulness Coach](#)

[Insomnia Coach](#)





We welcome your feedback about these resources so that we can improve our recommendations for others experiencing similar mental health challenges – just click on this link to send us anonymous feedback: www.bit.ly/39D52ho



We do not yet know enough about the science of how COVID19 affects mental health. However, it is likely that the restrictions on social interactions, new ways of working (such as working from home and using Zoom etc) and financial play a role. Also, lingering physical symptoms (such as fatigue, shortness of breath, joint pain, chest pain, and difficulty sleeping) can negatively affect mental health. We recommend that you try using 'pacing' strategies to help cope with these symptoms (see Pacing info sheet).

If you are in a mental health crisis or have thoughts about suicide or self-harm, call 1-800-784-2433 (Available 24/7 in 140 languages) or visit: www.crisiscentre.bc.ca for more resources.

Remember that practicing diligent pacing strategies and staying within your energy envelop is an effective way of managing your mental health.