

COVID-19  
PHSA

## STAFF PSYCHOSOCIAL SUPPORT SERVICE

***If you are experiencing stress associated with the COVID-19 Pandemic, you are not alone.***

Staff working in healthcare may be experiencing stress or anxiety due to the evolving COVID-19 pandemic. In the midst of ongoing and evolving information, staff have concerns for their own well-being and for their families and friends. We understand these concerns and recognize that working in a health care environment has the potential to heighten stress and anxiety. In these times, our typical coping strategies may not be easily available.

Our **Psychosocial Staff Support Team** are mental health clinicians who work in various PHSA services. We are committed to supporting the wellbeing and psychological health and safety of our peers.

### How do I access the Staff Psychosocial Support Service?

Email [workplacewellness@cw.bc.ca](mailto:workplacewellness@cw.bc.ca) or Phone **604-875-2982**

Please provide your name, telephone number and, if possible, a few 1 hour blocks of time during the day/evening when we can contact you.



### What can I expect?

You can expect to have a confidential 15-30 minute conversation with a professional colleague who has experience providing support related to stress, anxiety or other emotional responses related to coping with the COVID-19 pandemic. This conversation is not considered 'therapy'; instead, a supportive conversation that can be helpful in exploring coping strategies related to unique and common experiences to this situation. The Staff Support Team will have access to additional support/resource information to share with you. We are unable to provide any medical advice or advice about whether you should be attending work. Please note that this is not a mental health crisis line.

### Who will I be talking to?

You will be called by a colleague who has professional training. These individuals have a background in Psychology, Counselling, Social Work and Psychiatry and are part of the COVID-19 PHSA Staff Psychosocial Support Service.

### Will this be a confidential conversation?

Yes, this will be a confidential conversation with a Staff Supporter. No aspects of the conversation will be shared with anyone nor will we be keeping records of these conversations. We will only be keeping track of how many colleagues we connect with.

**We are in this together. We are here to support you.**

Questions or concerns about the PHSA Staff Psychosocial Support Service Email: [tnewlove@cw.bc.ca](mailto:tnewlove@cw.bc.ca) or, telephone Dr Theresa Newlove: **604-789-4294**