

Mental Health Resources & Supports for Continuing Care Staff

Web and Mobile Apps to help you combat COVID-19 Stress & Fatigue:

Name of the App	Icon	Description
Happify		Whether you're feeling sad, anxious, or stressed, Happify brings you engaging activities and games to help you take control of your feelings and thoughts.
Headspace		Headspace offers guided meditation and mindfulness exercises.
MoodMission		MoodMission is an evidence-based app designed to empower you to overcome feelings of depression and anxiety by learning new evidence-based coping skills.
Pixel Thoughts		Pixel Thoughts is a free, 60-second meditation tool to help clear your mind.
COVID Coach		It is an app designed to support self-care and general mental health during the pandemic. It includes features like education on coping, self-care tools, mood trackers, and graphs to show progress over time.
MindShift™ CBT		It is an app to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Supports Available through Alberta Health Services:

Name of the Resource	Description
Text4Hope	Free daily text messaging services, evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviors a pandemic might be expected to provoke To subscribe text COVID19HOPE to 393939.
Healthy Together	A guide to family and home life during COVID-19
Mental Wellness Moment with Dr. Nicholas Mitchell	Videos on topics including how to deal with stress and talking to kids about COVID-19
Virtual Mental Health Supports	Learn more about virtual mental health support, including Togetherall a free, online network that offers anonymous, peer-to-peer mental health services 24 hours a day, seven days a week.

Other Resources:

Name of the Resource	Description
A Clinician's Guide	Tips to manage COVID-19 Stress and Anxiety
First Aid Stress Chart	The chart is a visual tool to determine your stress responses. The crux of the stress continuum model is that stress responses lay along a spectrum of severity and type. Every person will react when faced with stressors that are severe, personal, or extended.
First Aid Stress Tool (FAST)	FAST is simple, convenient tool to reduce stress. It incorporates Oriental Medicine (acupuncture) and helps to reduce stored stress which has a negative effect on your body. FAST can be used to help relieve symptoms associated with many different kinds of stress and often offers immediate relief. * FAST is not intended as a replacement for consultation, diagnosis or treatment.
Preventing PTSD during Pandemic	This report includes resources to help healthcare staff prevent PTSD during the pandemic.