



# Virtual Care for Mental Health and Substance Use During COVID-19

The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

Have you been experiencing any of the following?

- Sadness or low mood
- Feeling overwhelmed or frustrated
- Isolation or loneliness
- Fear or worry
- Anger or irritation
- Problems sleeping
- Difficulty focusing
- Consuming more alcohol, cannabis or other substances than usual

**Virtual care** refers to services that use technology such as video, telephone and messaging to provide health care when caregivers and clients cannot meet in person.



If you have, and these feelings or experiences are affecting your day-to-day life, consider reaching out for help.

Virtual care can be effective and is available now.



**Wellness Together Canada:** The Government of Canada's website offers tools, resources and virtual counselling for mental health and substance use support. Visit the website to get started.



**Healthcare providers:** Many healthcare providers are available to support you virtually. Talk to a healthcare provider such as your family doctor, nurse practitioner, a **registered psychologist** or other **mental health and addiction professionals**.



**Virtual peer-support:** Many peer-support services are available to support you virtually. Visit the **Mental Health Commission of Canada's** website to learn more.



**Community-based mental health and substance use care:** Find services to support health and wellness in your province and territory. Visit the Government of Canada's **Taking care of your mental health during the COVID-19 pandemic** web page or the Canadian Centre on Substance Use and Addiction's **Finding Quality Addiction Care in Canada**.



**Employee and Family Assistance Programs:** Many workplaces have Employee and Family Assistance Programs that offer resources and professional counselling for mental health and substance use. Talk to your employer to find out more about available resources.

*If you were accessing mental health and substance use care before the pandemic, you can likely continue your care. Contact your provider to discuss your options.*

**No matter what your mental health and substance use needs are, care is available for you now. Getting care early can help prevent more serious mental health and substance use problems and support wellbeing.**

If virtual care services are not possible for you, contact your healthcare provider to identify other care options.