



Mental health and COVID-19 for public servants: Learn from trusted sources

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Aussi offert en français sous le titre : La santé mentale et la COVID-19 pour les fonctionnaires :
Renseignez-vous à partir de sources fiables



Mental health and COVID-19 for public servants: Learn from trusted sources

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! **If you are in distress**, please contact your [Employee Assistance Program](#) or nearest [crisis / distress centre](#). If it is an emergency, call 9-1-1 or go to your local emergency department.

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Trusted sources on mental health and COVID-19

With a lot of new content being published every day on the mental health impacts of the Coronavirus disease (COVID-19) outbreak, it can be hard to find reliable sources of information.

To learn more about how COVID-19 may be affecting your mental health and ways to help you protect your mental health, start with the following trusted sources:

- Public Health Agency of Canada: [Taking Care of your Mental Health \(COVID-19\)](#).
- Centre of Expertise on Mental Health in the Workplace: [Protect your mental health](#)
- Mental Health Commission of Canada: [Resource Hub – Mental health and wellness during the COVID-19 pandemic](#)
- Canadian Mental Health Association: [COVID-19 – Mental health and well-being](#)
- Centre for Addiction and Mental Health: [Mental health and the COVID-19 pandemic](#)
- Canadian Psychological Association: [Psychology Works](#) fact sheets on coronavirus

Free online training on mental health and psychological health and safety

As your organization focuses on delivering critical services to support the Government of Canada's response to COVID-19, you may find yourself with down time during your work day. Stay productive by taking advantage of free online courses to learn more about mental health and well-being, as well as psychological health and safety in the workplace.

Mental health in the workplace

Did you know public servants can access the [Canada School of Public Service](#)'s online courses on GCcampus outside of a Government of Canada network? There's no need to connect to your department's network or Virtual Private Network (VPN). Have your username and password ready to [sign-in](#) to GCcampus.

Get started on your workplace mental health learning plan with these GCcampus online courses, developed by the [Canadian Centre for Occupational Health and Safety](#) (CCOHS):

- [Mental Health: Awareness \(Z041\)](#)
- [Mental Health: Communication Strategies \(Z087\)](#)
- [Mental Health: Health and Wellness Strategies \(Z042\)](#)
- [Mental Health: Psychologically Healthy Workplaces \(Z043\)](#)
- [Mental Health: Signs, Symptoms and Solutions \(Z067\)](#)

While you are on GCcampus, be sure to check out the full offering of online courses on [respectful and inclusive workplaces](#).

Mental health 101

The Centre for Addiction and Mental Health (CAMH) offers a series of free, self-directed online tutorials covering a variety of mental health and addiction related topics, such as:

- Mental Health 101, Addiction 101
- Anxiety Disorders
- Posttraumatic Stress Disorders
- Youth and Technology
- Diversity and Health Equity

Discover the full range of tutorials on the CAMH [Mental Health 101 course site](#).

Additional resources

If short, informative videos better suit your learning style, Ottawa Public Health has you covered with its [haveTHATtalk](#) YouTube channel. From “Building Resilience” to “Caring for YOU, the Caregiver”, a wide range of mental health topics are covered through three main playlists:

- [For everyone](#);
- [For workplaces](#); and
- [For parents](#).

The playlist for workplaces is a great introduction to the [National Standard of Canada for Psychological Health and Safety in the Workplace](#).

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