COVID-19: Human resources to support nonprofits and charities

Canadian Mental Health Association
and Mental Health Commission of Canada Resources

July 2020

Enclosed are a variety of resources and webinars that can be found on the **Canadian Mental Health Association** website and the **Mental Health Commission of Canada** website.

A variety of resources can be found on the **Canadian Mental Health Association** site as listed below:

1. Six tips to respond to employee anxiety about COVID-19: https://cmha.ca/news/6-tips-to-respond-to-employee-anxiety-about-covid-19

2. Pandemic pushing your anxiety buttons? https://cmha.bc.ca/news/managing-anxiety-covid-19/

3. COVID-19 and mental health - Reference list of alternative Resources: https://cmha.ca/news/covid-19-and-mental-health

A variety of resources can be found on the **Mental Health Commission of Canada** site as listed below:

Resource name	Resource type
Building Mental Health into Emergency Management and Business Continuity Programs: Pandemic Response	Video
How to Support the Mental Health of Workers in Times of Change and Uncertainty: Responding to a Pandemic	Video
Best Practices for Supporting the Mental Health of Healthcare Workers During Covid-19	Video
The Working Mind COVID-19 Self-care & Resilience Guide	Guide
Assembling the Pieces – Implementation Guide for the National Standard of Canada on Psychological Health and Safety in the Workplace	Guide
13 Factors: Addressing Mental Health in the Workplace	Webpage
13 Factors: Addressing Mental Health in the Workplace - videos	Videos
National Standard of Canada for Psychological Health and Safety in the Workplace VIDEO FACILITATOR'S GUIDE	Guide
13 Factors Customizable Posters	Posters
Workplace Webinar Archive (see next tab in this spreadsheet for list)	Recordings and pdf presentations
Psychological Health and Safety: An Action Guide For Employers	Guide