

Covid and Mental Health Resources

Throughout this long and worrisome pandemic, much attention has been paid to social distancing, hand washing, masking and the like, all of which protect us from adverse physical-health impacts. However, we may have neglected protecting ourselves from mental-health impacts. The Canadian Mental Health Association (CMHA) <https://mbwpg.cmha.ca> has excellent online resources. If you see a friend, colleague, family member or a neighbour that is struggling, CMHA is an easily accessible source for support and advice, either via email or phone.

Canadian Mental Health Association, Manitoba and Winnipeg
930 Portage Avenue
Winnipeg MB R3G 0P8
Ph: 204-982-6100
Fax: 204-982-6128
Email: office@cmhawpg.mb.ca

In particular they have a Manitoba Resource Guide available in PDF or print format <https://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg/>. Consider distributing copies to your friends, colleagues, family members or neighbours, so that they are aware of the resources available. As well, if you know of someone who is struggling, contact CMHA for some good advice, do's and don'ts.

Sincerely
CCI Manitoba Board of Directors