

# MÉTIS NATION BRITISH COLUMBIA HEALTH AND WELLNESS NEWSLETTER

ISSUE 31 | UP-TO-DATE INFORMATION AS OF OCTOBER 16TH, 2020



“One of the best things that we can do to protect ourselves and those around us is to pay close attention to how we are feeling, by doing our own personal health check each day. Choosing to do the right thing helps to protect all of us and keep our loved ones, our Elders and our communities safe.”

**Dr. Bonnie Henry**

If you or someone you know is isolated or in need of assistance, please email [health@mnbc.ca](mailto:health@mnbc.ca). MNBC's Ministry of Health team will help connect you to available Community supports.

MNBC will be updating our webpage as new information becomes available. Follow our COVID-19 page at [www.mnbc.ca](http://www.mnbc.ca). Please also see the last page, with links to previous issues of our Health and Wellness Newsletter for more information on hand washing, physical distancing, and more.



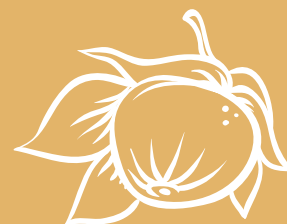
## INSIDE ISSUE 31

PLAY AND WATCH SPORTS  
SAFELY

VIRTUAL MENTAL HEALTH  
SUPPORTS DURING COVID-19

OCTOBER IS BREAST CANCER  
AWARENESS MONTH

CALL FOR SUBMISSIONS:  
RESILIENT ROOTS ISSUE #2





## PLAY AND WATCH SPORTS SAFELY

From the October 13th joint statement on B.C.'s COVID-19 response (read the full statement here):

Physical activity is very important to our overall health and well-being during the COVID-19 pandemic, but equally important is the need to ensure we are staying active, safely.

As recreational sports like hockey and youth soccer return, we have seen an increase in COVID-19 exposures. In some cases, sport facilities have been closed.

Like many other activities that have restarted, provincial sports organizations and sports facilities require COVID-19 safety plans to ensure a safe return to sport. Similar to the approach in the recent NHL playoffs, the plans have prioritized the players over the spectators, with restrictions in place in arenas and on the sidelines.



We have to remember that spending time socializing or cheering with other parents and fans before, during and after games, increases the risk of transmission and exposure for you and your family.

As much as we want to see the winning goal or celebrate the perfect pass after the game, we need to ensure we are keeping ourselves and our loved ones safe by always following our COVID-19 safety basics.

For more information on BC's return to sport guidelines, visit:

<https://www.viasport.ca/return-sport>



# VIRTUAL MENTAL HEALTH SUPPORTS DURING COVID-19

From the Government of British Columbia (read the full post [here](#)):

Virtual services are available for British Columbians who are experiencing mental health challenges, such as anxiety or depression, due to the COVID-19 pandemic.

## SUPPORTS FOR EVERYONE

### BOUNCEBACK

Provides free access to online, video and phone-based coaching and skills-building. This program is for seniors, adults and youth who are experiencing low mood, mild to moderate depression, anxiety, stress, or worry. Learn more here: <https://bouncebackbc.ca/>

### VIRTUAL COUNSELLING SERVICES

Local organizations are building programs that offer counselling online or by phone. Programs are available for individuals or groups at low or no cost.

Visit the Community Action Initiative here (<https://caibc.ca/grants-training/community-counselling-fund-grants/>) and scroll down to the heading, 'COVID-19 Community Counselling Grant Recipients' to find a program near you.

### PEER SUPPORT AND SYSTEM NAVIGATION

Virtual mentoring offered by peer support and system navigation workers. These supports are based at Canadian Mental Health Association branches across B.C. Learn more at Canadian Mental Health Association – B.C. Division (COVID-19) here: <https://cmha.bc.ca/covid-19/>







## VIRTUAL MENTAL HEALTH SUPPORTS DURING COVID-19 (CONTINUED)

From the Government of British Columbia (read the full post [here](#)):

### SUPPORTS FOR EVERYONE

#### LIVING LIFE TO THE FULL

Free access to Living Life to the Full courses for coping with stress, problem solving and boosting mood. These 8-week courses are led by trained facilitators, provide peer support and teach practical skills. Get more information at Living Life to the Full here: <https://livinglifetothefull.ca/>

#### MENTAL HEALTH CHECK-IN

Free, anonymous self-assessment tool that helps you understand how you are feeling and reflect on your mental, physical and social well-being. It helps you find the resources most useful to you. Try the Mental Health Check-in now here:

<https://cmhabc.force.com/MentalHealthCheckIn/s/>

### SUPPORTS FOR HEALTHCARE WORKERS

#### MOBILE RESPONSE TEAM (MRT)

Mental health support for healthcare workers in long-term care facilities and those working on the frontlines of the Overdose Public Health Emergency. Call or email the Mobile Response Team to access this service:

Call 1-888-686-3022

Email [MRT@phsa.ca](mailto:MRT@phsa.ca)







## VIRTUAL MENTAL HEALTH SUPPORTS DURING COVID-19 (CONTINUED)

From the Government of British Columbia (read the full post [here](#)):

### SUPPORTS FOR HEALTHCARE WORKERS

#### CARE TO SPEAK: PEER SUPPORT FOR B.C. HEALTHCARE WORKERS

Online chat and telephone hotline if you are experiencing tough times or challenges with your mental health. Peer volunteers have healthcare experience within the continuing care sector. They are trained to provide virtual support and can refer you to additional resources.

Call 1-866-802-7337 (PEER) for peer support (Monday to Friday, 5-9pm)

Access online chat support (Monday to Friday, 5-9pm) here:  
<https://www.careforcaregivers.ca/caretospeak/>

#### CARE FOR CAREGIVERS

Trusted information, free workshops to support employees and quick daily coping tips are available through this online hub for healthcare workers. This site provides a range of easy to use resources to support mental health and well-being.

Learn more about Care for Caregivers here: <http://careforcaregivers.ca/>





## VIRTUAL MENTAL HEALTH SUPPORTS DURING COVID-19 (CONTINUED)

From the Government of British Columbia (read the full post [here](#)):

### SUPPORTS FOR YOUTH

#### FOUNDRY VIRTUAL CLINIC

Virtual clinics offering counselling, peer support, primary care and family support through voice calls, video and chat for young people aged 12-24 and their families. Nine existing virtual Foundry centres are now accepting virtual walk-in counselling. Visit Foundry (<https://foundrybc.ca/virtual>) to find to get virtual support now.

#### Y MIND

Free online programs for young people aged 13-30. The YMCA of British Columbia's Y Mind program helps young people cope with stress, worry and anxiety. Learn about Y Mind here:

<https://www.gv.ymca.ca/mental-wellness>

#### CHILD AND YOUTH MENTAL HEALTH (CYMH) COMMUNITY BASED TEAMS

Intake services and mental health counselling for children and youth across B.C. from the Ministry of Children and Family Development. Virtual care is available by phone and online. Call your closest Child and Youth Mental Health clinic here:

[https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh\\_clinic\\_list\\_march\\_19\\_2020.pdf](https://www2.gov.bc.ca/assets/gov/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/cymh_clinic_list_march_19_2020.pdf)

#### FAMILYSMART: PARENT PEER SUPPORT AND MENTAL HEALTH NAVIGATION

Programs to help B.C. families and caregivers who are parenting children and youth facing mental health challenges. FamilySmart provides peer support, information and navigation of mental health services.

Call: 1-855-887-8004

Email: [info@familysmart.ca](mailto:info@familysmart.ca)

Learn more about FamilySmart here: <https://familysmart.ca/>







## VIRTUAL MENTAL HEALTH SUPPORTS DURING COVID-19 (CONTINUED)

From the Government of British Columbia (read the full post [here](#)):

### SUPPORTS FOR STUDENTS AND EDUCATORS

#### HERE2TALK

Confidential, free counselling and referral services by app, phone or online chat for all registered post-secondary students. Here2Talk is available 24 hours a day, seven days a week.

Visit Here2Talk (<https://here2talk.ca/>) or download the app to start a chat session with a trained counsellor.

Speak to a counsellor on the phone at 1-877-857-3397

#### WE WELL-BEING

Free online resource for students, parents and educators to support social and emotional well-being in this new world of remote learning. Learn more about WE Well-being here:

<https://www.we.org/en-CA/get-doing/activities-and-resources/wellbeing/>

#### LGBTQ2S+

Gender and sexuality alliance meetings that take place online and over the phone. Find resources, by educators for educators, to support students looking for a safe place to share. Visit SOGI 123 to learn more here: <https://www.sogieducation.org/all-educators# covid-19-response>





## VIRTUAL MENTAL HEALTH SUPPORTS DURING COVID-19 (CONTINUED)

From the Government of British Columbia (read the full post [here](#)):

### SUPPORTS FOR PARENTS

#### **EASE (EVERYDAY ANXIETY STRATEGIES FOR EDUCATORS) AT HOME**

Helpful tips for parents, like how to teach children calming breathing techniques or use structured games like scavenger hunts to build routine in a way that's fun. Learn more about EASE at Home here:

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/ease>

### SUPPORTS FOR SENIORS

#### **BC 211**

A province-wide information and referral service offering a service that matches volunteers to seniors whose support network has been affected by the COVID-19 outbreak. Volunteer help seniors in their community with basic needs, including grocery shopping and pharmacy drop-offs and check-ins.

Visit [bc211](http://www.bc211.ca/) to register for the Safe Seniors, Strong Communities Program here: <http://www.bc211.ca/>

### SUPPORTS FOR VICTIMS OR FAMILIES OF SEXUAL VIOLENCE

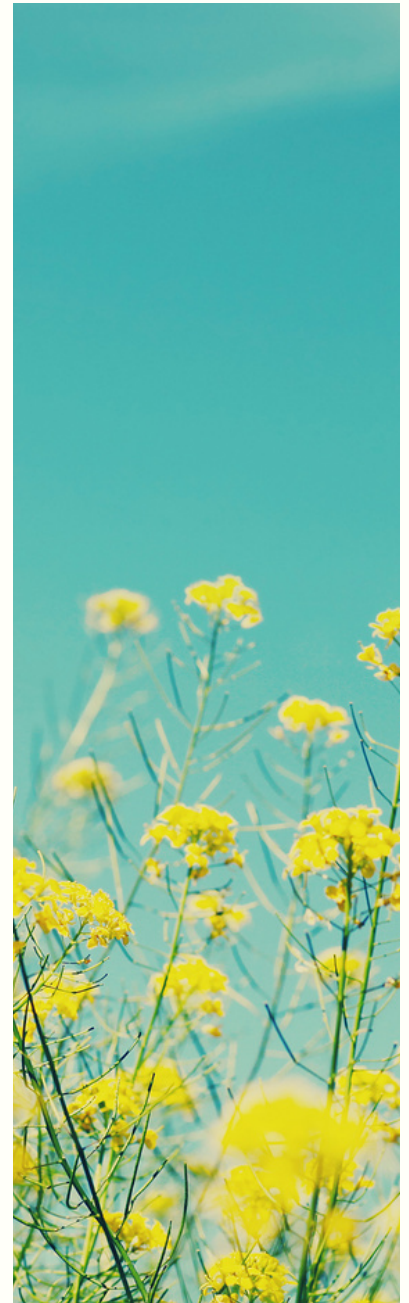
#### **VICTIMLINK BC**

Immediate 24 hours, 7 days a week, crisis support over the phone for victims of family or sexual violence. This service also provides information and referrals for all victims of crime.

Call 1-800-563-0808 or email [VictimLinkBC@bc211.ca](mailto:VictimLinkBC@bc211.ca) to get help

Learn more about VictimLink BC here:

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>





# MÉTIS CRISIS LINE

*Help is just a call away*

MENTAL WELLNESS

ABUSE

RELATIONSHIPS

BULLYING

ADDICTIONS

SUICIDE & IDEATION

DEPRESSION

GRIEF & LOSS

SELF-HARM

PEER PRESSURE

ANXIETY

FINANCIAL ISSUES

CULTURE

**24 HOURS A DAY  
7 DAYS PER WEEK**

A place where you can talk,  
trust and feel safe!

## **SERVICES:**

24 hr phone support  
Risk assessment  
Safety monitoring  
Community engagement



# 1-833-MÉTISBC

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**MÉTIS NATION**  
BRITISH COLUMBIA

in collaboration with KUU-US Crisis Services



# OCTOBER IS BREAST CANCER AWARENESS MONTH GET CHECKED!



**Prevention Saves Lives!**

## **Book Your Appointment**

**To book a mammogram call 1-800-663-9203. Appointments can be made at locations across the province. Visit the clinic locator to find a location or mobile service visit near you.**

### **Please Note:**

**Screening centers may be operating adjusted hours to accommodate proper safety measures.**

If you have any questions please contact Katina Pollard, Northern Regional Health Coordinator with MNBC at [kpollard@mnbc.ca](mailto:kpollard@mnbc.ca) or 1(250)242-1649.

**We can fight Breast Cancer together**



# CALL FOR SUBMISSIONS: RESILIENT ROOTS ISSUE #2

## MÉTIS MENTAL HEALTH AND WELLNESS MAGAZINE

**MNBC's Métis Youth Mental Health and Wellness Initiative is seeking submissions for the second issue of Resilient Roots: Métis Mental Health and Wellness magazine! This magazine works to raise Métis voices and perspectives, and to engage in topics around mental health and wellness.**

**We welcome anybody who is interested to submit content! This magazine is meant to showcase a diverse range of Métis perspectives, and we encourage anybody who is interested to share their voice.**

**Submitted content can come in many forms (articles, lived-experience stories, art, poetry, etc.), but must be related to the area of mental health and wellness.**

**The deadline for submissions is October 31st, 2020. All submitted content must meet submission guidelines in order to be accepted for publication.**

**To receive the submission guidelines, submit content, or learn more, please contact Jillian at [jjones@mnbc.ca](mailto:jjones@mnbc.ca)**







# THANK YOU

**To our healthcare workers, first responders, frontline staff, and essential service workers - we thank you from the bottom of our hearts.**

**We are so deeply grateful for all that you do. Though we are apart for now, we stand with you always.**







## RECENT NEWSLETTER HIGHLIGHTS

Please note that these issues are up-to-date as of the dates they were originally published, and as such, some information may no longer be valid.

All past newsletter issues can be accessed on MNBC's COVID-19 website at:

<https://covid19.mnbc.ca/mnbc-covid-19-updates>



**ISSUE 30.** Thanksgiving: safer celebrations. Avoid the three C's. Mental Illness Awareness Week. Kids Help Phone: connecting Indigenous texters with Indigenous crisis responders. Call for submissions: Resilient Roots issue two.

**ISSUE 29.** Call for Métis mask makers and sewists. COVID-19 vs. the flu. Flu prevention during the coronavirus pandemic. The flu shot: fact sheet from Indigenous Services Canada. October 4th: Sisters in Spirit. MNBC marks Orange Shirt Day.

**ISSUE 28.** CBC article: Dr. Bonnie Henry offers a bit of clarity on 'safe six' group of friends and social safety plans. Preliminary information on receiving a flu shot this year. Frequently asked questions about influenza vaccines (flu shots). BC's overdose crisis. Orange Shirt Day.

**ISSUE 27.** New COVID-19 test available for K-12 students. BC CDC website now posting all school-related COVID-19 cases. CBC article: are my symptoms related to COVID-19 or the wildfire smoke? My Records, My Choice program.

**ISSUE 26.** Amended provincial health orders from Dr. Bonnie Henry. What you do matters. BC gov: fall and winter preparedness plan. Pan(demic) pal. World Suicide Prevention Day 2020. Telus: free phones and plans to youth who have aged out of foster care. I-SPARC: LGBTQ2S+ Inclusion in the Context of Sport webinar.

**ISSUE 25.** Back to school: orientation week. CBC article: where do you need to wear a mask in BC? COVID-19 and seasonal allergies. Métis Terry Fox virtual event. International Overdose Awareness Day. Overdose awareness: women's awareness.