

# Resources for Coping with the Psychological Impact of COVID and Related Stress

Self-Help Resources for the Public



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Resources



## Mindshift

Free evidence based mental health relief resource offered by Anxiety Canada. Mindshift provides a variety of mental health resources for dealing with anxiety, worry, panic, perfectionism, social anxiety, and phobias.



## Anxiety Canada

Developed free digital resources based on evidence based practice to teach people about anxiety and ways to cope with COVID stress via infographics, Mindshift Mobile App, My Anxiety Plan (MAP) Online Courses, and CARD Handouts to reduce fear and pain from vaccination.



## International OCD Foundation

Provides a variety of self-care and coping resources, as well as resources geared towards helping individuals manage OCD symptoms during the COVID-19 pandemic.



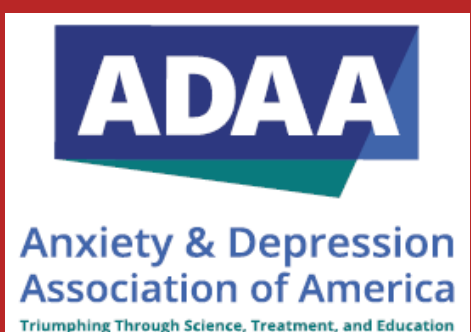
## COVID Coach (National Centre for PTSD)

A free mobile app designed to help build resilience, manage stress, and enhance well-being during the COVID-19 pandemic. This app includes educational resources, tools for self-care, and trackers with visual graphs for recording changes in mood and personal growth during the pandemic.



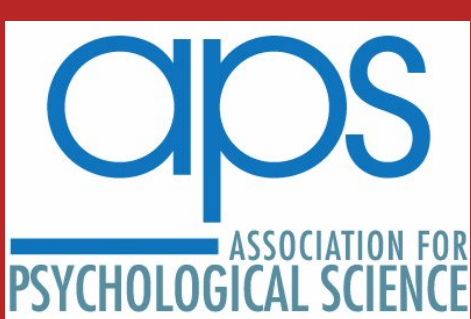
## International Society for Traumatic Stress Studies

ISTSS has compiled a resource page for helping individuals with COVID-19 stress and anxiety, including resources for mental health professionals, healthcare professionals, parents and caregivers, and teachers or school staff.



## Anxiety and Depression Association of America

Provides daily updates, including tips and strategies, as well as expert resources (e.g., videos, blogs) for managing anxiety related to COVID-19.



## Association for Psychological Science

Provides scientific information concerning many topics related to COVID-19 and psychological science readily accessible for both researchers and the general public.



## Online COVID Stress Self-Assessment

The Psychology of Pandemics Network developed an online confidential self-assessment tool to help identify symptoms of COVID related stress and general distress. These tools are intended to educate and help inform the most effective coping strategies for you.