

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19

For Veterans, Veteran Families,
and Service Providers who serve Veterans

JUNE 2020



Centre of Excellence - PTSD
Funded by Veterans Affairs Canada

Centre d'excellence - TSPT
Financé par Anciens Combattants Canada

**COVID-19 RESOURCE DIRECTORY:
PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19
FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS**

TABLE OF CONTENTS

Veteran-Specific Wellness Resources.....1
Non Veteran-Specific Wellness Resources.....6



COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

VETERAN-SPECIFIC WELLNESS RESOURCES

01

COPING AS THE SPOUSE OF A MILITARY VETERAN WITH PTSD DURING THE COVID-19 PANDEMIC

Developed by Operational Stress Injury Social Support (OSISS) - Canadian Armed Forces Transition Group

Type of Resource

Infographic

Target Audience(s)

Veteran Families

Format(s)

PDF

Language(s)

English

Description

This infographic provides insights to spouses of military Veterans with PTSD during the COVID-19 pandemic.

02

WOUNDED WARRIORS COVID-19 RESOURCES

Developed by Wounded Warriors

Type of Resource

Informational Supports

Target Audience(s)

Veterans
First Responders
Veteran Families
First Responder Families

Format(s)

Videos

Language(s)

English and French (some videos)

Description

This series of videos is designed to help Wounded Warrior members and their families cope while at home awaiting care.



Click on the title of the resource to access it.

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

VETERAN-SPECIFIC WELLNESS RESOURCES

03

CANADIAN FORCES MORALE AND WELFARE SERVICES: VIRTUAL SERVICES



Developed by Canadian Forces Morale and Welfare Services

Type of Resource

Services

Target Audience(s)

Veterans
Veteran Families
Canadian Forces Members
Canadian Forces Families
Public Safety Personnel

Format(s)

Virtual Programming

Language(s)

English and [French](#)



Description

The Canadian Forces Morale and Welfare Services have made virtual services available to Veterans and their families. Services include:

- Employment webinars;
- Health promotion webinars;
- Public Safety Personnel virtual fitness schedule;
- Public Safety Personnel virtual recreational programming schedule;
- Public Safety Personnel recreation special events; and
- Public Safety Personnel concert series.

04

COVID-19: RESOURCES FOR MANAGING STRESS



Developed by National Centre for PTSD (U.S. Department of Veteran Affairs)

Type of Resource

Resource Directory

Target Audience(s)

Veterans
Veteran Families
First Responders
Service Providers
General Public

Format(s)

Webpages and PDFs

Language(s)

English and Spanish (some documents)

Description

This curated list of resources aims to support the general public, service providers, first responders, employers, and community leaders during COVID-19. Resource topics include:

- Effects of the COVID-19 pandemic on PTSD;
- How can I support someone with PTSD?;
- Treating PTSD during COVID-19 outbreak;
- PTSD and tele-mental health;
- Treating PTSD via tele-mental health technology;
- Managing stress associated with the COVID-19 pandemic;
- Helping people manage stress associated with the COVID-19 Outbreak;
- Strategies for families to adapt to the COVID-19 pandemic; and **more**.

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

VETERAN-SPECIFIC WELLNESS RESOURCES

05

COVID-19 PANDEMIC RESPONSE RESOURCES

Developed by Centre for the Study of Traumatic Stress

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English

Target Audience(s)

Veterans
Military Personnel
Veteran and Military Families
Service Providers
Families of Service Providers
Service Providing Organizations

Description

This curated list of resources provides information to support the health and well-being of communities impacted by COVID-19. Resource topics include:

- Supporting Military Families;
- Supporting families of healthcare workers exposed to COVID-19;
- Supporting patients during quarantine or isolation;
- Taking care of patients during COVID-19: A guide for psychiatrists;
- Preparing your family for uncertain events during the COVID-19 pandemic and other disasters;
- Managing family conflict while home during COVID-19: Intimate Partners; and **more**.

06

COVID-19 MENTAL HEALTH RESOURCES

Developed by Phoenix Australia

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English

Target Audience(s)

Veterans
Veteran Families
First Responders
Service Providers
General Public

Description

Phoenix Australia have developed some useful tip sheets to support service providers and community members after the spread of COVID-19. Resource topics include:

- Caring for patients' mental health;
- Practitioner self-care;
- Supporting at-risk veterans impacted by COVID-19;
- Psychological effects of self-isolation and quarantine;
- Taking care of yourself and your family; and
- Isolation activities for children and adolescents.

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

VETERAN-SPECIFIC WELLNESS RESOURCES

07

BEHAVIOURAL HEALTH RESOURCES FOR COVID-19

Developed by Walter Reed Army Institute of Research (WRAIR)

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English

Target Audience(s)

Veterans
Military Personnel
First Responders
Essential Workers
Service Providers
Service Providing Organizations

Description

Walter Reed Army Institute of Research (WRAIR) scientists developed a range of checklists and other resources to help support behavioural health and well-being. Resource topics include:

- Stress mitigation checklist for leaders;
- Sleep checklist for healthcare workers and first responders;
- Sleep checklist for leaders;
- Fatigue management for COVID-19 shift workers;
- Fatigue management for COVID-19 shift work supervisors and leaders; and
- Mindfulness quick guide.

08

RESOURCES FOR HEALTHCARE WORKERS DURING COVID-19

Developed by the Consortium for Health and Military Performance (Uniformed Services University)

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English

Target Audience(s)

Veterans
Military Personnel
Military Families
First Responders
Essential Workers
Service Providers

Description

As a response to the COVID-19 pandemic, the Human Performance Resources team of the Consortium for Health and Military Performance has compiled articles and resources that might be helpful to anyone looking for support during COVID-19. Some of these articles have been re-purposed from their original intent to serve the military community, and the hope is to support healthcare workers and others coping with the current situation.

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

VETERAN-SPECIFIC WELLNESS RESOURCES

09

MENTAL HEALTH SUPPORT TO HELP YOU DURING COVID-19



Developed by Combat Stress for Veteran's Mental Health

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English

Description

Combat Stress for Veterans' Mental Health have developed the following resources, which are aimed at keeping Veterans in good mental and physical shape until the lockdown is lifted. Resource topics include:

- Managing low mood;
- Managing anger;
- Managing anxiety;
- Alcohol misuse;
- Substance misuse;
- Veteran families;
- Support for organizations;
- Grief and loss;
- Support with PTSD; and **more.**

Target Audience(s)

Veterans
Veteran Families
First Responders
Service Providers
General Public

10

COVID-19 READINESS RESOURCE PROJECT



Developed by Canadian Institute for Public Safety Research and Treatment (CIPSRT)

Type of Resource

Resource Directory

Format(s)

Webpages and Videos

Language(s)

English and [French](#)



Description

Public Safety Personnel (PSP) are among the professionals serving on the front lines of this crisis nationwide. CIPSRT has gathered resources to provide access to accurate, reliable, and credible information and resources to support PSP as they help manage the pandemic impact. Resource topics include:

- PSP sector-specific content;
- Taking care of your basic needs;
- Behavioural strategies for everyone to fight COVID-19;
- Signs you may need help with your mental health;
- Tips to improve your overall well-being;
- Families: how to talk to children and loved ones about COVID-19; and **more.**

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

NON VETERAN-SPECIFIC WELLNESS RESOURCES

01

COVID-19 RESOURCES



Developed by Mental Health Commission of Canada

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English and [French](#)



Description

This webpage hosts resources and tip-sheets in response to COVID-19. Resource topics include:

- Mental health first aid COVID-19 self-care and resilience guide;
- The working mind COVID-19 self-care and resilience guide;
- Webinar – best practices for supporting the mental health of healthcare workers during COVID-19;
- Coping with stress, anxiety, and substance use during COVID-19;
- Managing stress, anxiety, and substance use during COVID-19: A resource for healthcare providers; and
- Being in an abusive home during COVID-19.

02

COVID-19 GLOBAL ONLINE SAFETY ADVICE FOR FRONTLINE WORKERS SUPPORTING WOMEN



Developed by the Australian Government - eSafety Commissioner

Type of Resource

Guidelines

Format(s)

PDF

Language(s)

English

Description

This booklet is for frontline support workers - those responding to domestic and family violence as well as those engaged on the frontline of the COVID-19 response. Friends, neighbours and other local community members may also find this guide useful if they are supporting someone at risk of technology-facilitated abuse. Sections of the resource include:

- Supporting women to stay safe online;
- Description of technology-facilitated abuse during COVID-19;
- Warning signs of technology-facilitated abuse;
- How can I help as a frontline worker?;
- Online safety checklist;
- Keeping children safe; and **more.**

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

NON VETERAN-SPECIFIC WELLNESS RESOURCES

03

COVID-19 PRINTABLE HANDOUTS



Developed by Crisis and Trauma Resource Institute

Type of Resource

One Pagers

Format(s)

Webpages and PDFs

Language(s)

English

Description

The Crisis and Trauma Resource Institute has developed 4 one-pager handouts to support the well-being of the general public during COVID-19. Available handouts include:

- Managing Anxiety and Fear during COVID-19;
- Strategies for Supporting Children during COVID-19;
- Mindful Breathing;
- Tips; and
- Healthy Habit Log.

Target Audience(s)

General Public
Clients
Families of Clients

04

CRISIS RESPONSE VIRTUAL TRAINING



Developed by Mental Health Commission of Canada

Type of Resource

Training

Format(s)

Virtual Training

Language(s)

English and [French](#)



Description

The Mental Health Commission of Canada has developed two free crisis response training programs for essential workers during COVID-19 :

- 1) Crisis Response Training – Caring for Yourself, and
- 2) Crisis Response Training – Caring for your Team.

These programs are specifically designed to help provide individuals with the tools and knowledge to better understand their own mental health and the mental health of their team.

Target Audience(s)

Service Providers
Essential Workers

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

NON VETERAN-SPECIFIC WELLNESS RESOURCES

05

MENTAL HEALTH, TECHNOLOGY, AND YOU



Developed by Mental Health Commission of Canada

Type of Resource

User Guide

Target Audience(s)

General Public

Format(s)

PDF

Language(s)

English and [French](#)



Description

This client guide provides an introduction to digital mental health tools, description of types of tools, examples of tool use, as well as a journey map to illustrate how tools can be navigated and accessed by users.

06

ABOUTKIDSHEALTH COVID-19 LEARNING HUB



Developed by AboutKidsHealth

Type of Resource

Resource Directory

Target Audience(s)

General Public

Parents

Children

Format(s)

Webpages and Videos

Language(s)

English

Description

This hub includes resources on COVID-19 and how to help parents and children cope. There are resources on how to support children's mental health and general well-being through physical activity, sleep, nutrition and learning. Also included are videos and audio meditations to help parents cope with stressful thoughts and experiences that occur throughout the day. Resource topics include:

- Talking to your child about COVID-19;
- Coping;
- Mental Health;
- Parenting;
- Well-being; and
- Tools, videos, and resources for you and your child.

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

NON VETERAN-SPECIFIC WELLNESS RESOURCES

07

IMPACTS OF COVID-19 ON SUBSTANCE USE



Developed by Canadian Centre on Substance Use and Addiction

Type of Resource

Resource Directory

Format(s)

Webpages and PDFs

Language(s)

English and [French](#)



Target Audience(s)

General Public
Service Providers
Clients
Families of Clients
Policymakers
Researchers

Description

This directory hosts resources developed by a variety of organizations in response to COVID-19. Resource topics include:

- Virtual addiction counselling;
- COVID-19: opioid agonist treatment and guidance;
- COVID-19 crisis: harm reduction resources for people who use drugs;
- Cannabis use and COVID-19;
- COVID-19: harm reduction and overdose response;
- COVID-19 and Cannabis smoking: 4 things you should know;
- Caring for pregnant and parenting women with OUD during the COVID-19 pandemic; and **more**.

08

WELLNESS TOGETHER CANADA



Developed by Wellness Together Canada

Type of Resource

User Tool

Target Audience(s)

General Public

Format(s)

Variety (web-based)

Language(s)

English and [French](#)



Description

Wellness Together Canada provides tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation, and relationship issues. Wellness Together Canada offers the following at no cost to Canadians:

- Wellness self-assessment and tracking;
- Self-guided courses, apps, and other resources;
- Group coaching and community of support; and
- Counselling by text or phone.

COVID-19 RESOURCE DIRECTORY: PROMOTING AND MAINTAINING VETERAN WELLNESS DURING COVID-19 FOR VETERANS, VETERAN FAMILIES, AND SERVICE PROVIDERS WHO SERVE VETERANS

NON VETERAN-SPECIFIC WELLNESS RESOURCES

09

COVID-19 OPIOID AGONIST TREATMENT GUIDANCE



Developed by Centre for Addiction and Mental Health (CAMH)

Type of Resource

Guidelines

Target Audience(s)

Service Providers

Format(s)

PDF

Language(s)

English

Description

This document provides a consensus interim guideline for management of opioid agonist therapy (OAT) with methadone and buprenorphine. It addresses office visits, remote visits, carry doses, and frequency of urine drug testing during the COVID-19 pandemic in light of the need for physical distancing, self-isolation, and quarantine while there is community transmission of COVID-19 in a prescriber's area of practice. This document supplements existing standards and guidelines and is a resource for practitioners who are clinically proficient in the prescription of OAT. It is not a general guide to prescribing OAT. Guidelines provide recommendations; they are not a standard, are not to supersede clinical experience/decision-making skills.

10

COVID-19: ALCOHOL WITHDRAWAL MANAGEMENT PROTOCOL



Developed by Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI) - Women's College Hospital

Type of Resource

Protocol

Target Audience(s)

Service Providers

Format(s)

PDF

Language(s)

English

Description

This document provides medication recommendations and treatment protocols for managing alcohol withdrawal risk within a community provider setting.