



## A Post-Secondary Student's Guide to Mental Health During COVID-19

If the pandemic has left you feeling worried, sad, or overwhelmed, you are not alone. You've been asked to adapt to a new way of learning while support systems are being pushed beyond their limits. The online resources that are available are scattered across the internet, which makes it hard to find accurate and appropriate support.

This guide is designed to help you find the right information and resources quickly and easily. **Feel free to share it with your friends and other students.**



Mental Health  
Commission  
of Canada

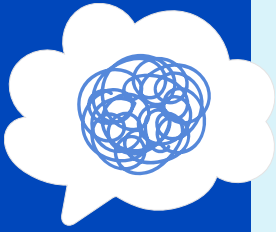
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## Five Signs You May Be Struggling

- 1 Fear or constant worry
- 2 Anger and irritability
- 3 Sleeplessness or too much sleep
- 4 Low concentration or indecisiveness
- 5 Increased substance use



## You Are Not Alone

Here's what your peers are saying...

In 2021, post-secondary students reported feeling stressed about:

- their own health ..... 69%
- their families and loved ones ..... 78%
- their ability to find employment post-graduation ..... 72%
- and their finances\* ..... 69%

\* Canadian Alliance of Student Associations. (2021). Continued concerns: Post-secondary students one year into COVID-19. [https://www.casa-acae.com/concerns\\_2021](https://www.casa-acae.com/concerns_2021)



Our mental health and well-being are always changing, along with many other aspects of our lives. So it's important to identify what you need and find people and resources that can support you.

## Wellness Strategies

- **Keep yourself busy** with activities you enjoy.
- **Stay connected** with friends and family while practising physical distancing.
- **Find balance** by staying informed and knowing when it's time to take a break from COVID-19 news and information.
- **Be kind to yourself.** It's a difficult time, and you're doing your best to manage a challenging situation.
- **Take care of your body** by eating and sleeping well, exercising, and meditating.
- **Reach out for help.** Talk to a family member or friend and seek professional support if you need it.

### If you use substances...

- Monitor your use: pay attention to its frequency and context.
- Follow [Canada's Low-Risk Alcohol Drinking Guidelines](#).
- Follow [Canada's Lower-Risk Cannabis Use Guidelines](#).
- Avoid stockpiling alcohol, cannabis, and other substances.
- Reach out for help if your use is becoming a concern.

When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse.



For more information, visit [www.ccsa.ca](http://www.ccsa.ca).



# Resources

## [Government of Canada: Wellness Together Canada](#)

A mental health portal for anyone dealing with COVID-19-related mental distress. Offers no-cost immediate text support, educational resources, wellness programs, counselling, and community and peer support. For immediate crisis support, text WELLNESS to 741741.

## [Jack.org: COVID-19 Youth Mental Health Resource Hub](#)

Online information and educational resources on finding support, building skills, and staying connected. Resources specific to Indigenous, 2SLGBTQ+, Asian, Muslim, and African, Caribbean, and Black young people.

### Contact a national support line:

- [Kids Help Phone](#): 1-800-668-6868 or text CONNECT to 686868  
Youth mental health support. Available 24-7.
- [Crisis Services Canada](#): 1-833-456-4566  
Suicide prevention and support. Available 24-7.
- [Hope for Wellness Help Line](#): 1-855-242-3310  
Immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Counselling by phone or chat in English, French, Cree, Ojibway, and Inuktitut. Available 24-7.
- [National Indian Residential School Crisis Line](#): 1-866-925-4419  
24-7 support for former residential school students and others who are affected.

### Post-secondary institutions

A range of supports from Canada's [university](#) and [college](#) websites.

### Mental health and finances

Mental health supports by [province](#) and the [Northwest Territories](#), [Yukon](#), and [Nunavut](#).  
Financial resources and supports by [province or territory](#).

### Contacts around the world:

- [The LifeLine Canada Foundation](#) – E-counselling service
- [International Association for Suicide Prevention](#) (IASP) – Resources and crisis centres
- [Suicide.org](#) – Suicide hotlines
- [CheckPoint](#) – Global mental health resources