

Future Leaders Speaker Series Additional Resources

"Hope and Resilience: Mental Health during a Pandemic"

Thursday February 4, 2021

Jaclyn Robinson

Public Health Nurse and Patient Experience Leader on the Medical Quality and Safety Team with Vancouver Coastal Health

Talk Dying To Me Podcast, Episode 005 - When The World Stood Still

<https://www.talkdyingtome.com/podcast-1>

Global News 'I underestimated this virus': Vancouver nurse on recovering from COVID-19

<https://globalnews.ca/news/6865008/vancouver-nurse-covid-19-recovery/>

CTV News, "Three-quarters of hospitalized COVID-19 patients have symptoms months later: UBC study"

<https://bc.ctvnews.ca/three-quarters-of-hospitalized-covid-19-patients-have-symptoms-months-later-ubc-study-1.5145725?cache>

Dr. Grant Millar

Consultant Psychiatrist at St. Paul's Hospital

Virtual mental health supports during COVID-19

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/virtual-supports-covid-19>

HealthLinkBC Mental Health and COVID-19

<https://www.healthlinkbc.ca/mental-health-covid-19>

BC CDC Mental well-being during COVID-19

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/mental-well-being-during-covid-19>

Canadian Mental Health Association, Stay Well In Uncertain Times
<https://cmha.bc.ca/covid-19/>

Reduced-Cost Counselling Options in Vancouver – January 2021
<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>

Dr. Suja Srikameswaran

Clinical Psychologist

Why does culture matter to COVID 19?
<http://donate.helpstpauls.com/site/R?i=3FbR3dPIApH0BEa2Clw9xA>

Coping with anxiety, depression, and trauma
<https://cpa.ca/docs/File/Sections/TraumaticStress/Managing%20COVID%20anxiety%20handout%20-%20CPA%20TSS.pdf>

Headspace: Guided meditation
<https://www.headspace.com/meditation/guided-meditation>

Dr. Brene Brown on Netflix and Ted Talks
<https://brenebrown.com/videos/>

Overcoming Health Anxiety
https://books.google.ca/books/about/Overcoming_Health_Anxiety.html?id=8krrXwGVUvMC&source=kp_book_description&redir_esc=y