

## Supporting a Loved One During COVID 19




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### About the Presenter

Angela Heeley is the Mental Health Promotion and Education Coordinator and has worked for CMHAWW for 11 years in a variety of roles, including crisis support, group facilitation, outreach, family education and suicide intervention.




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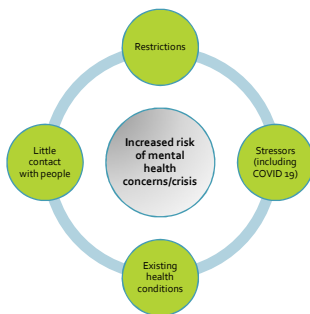
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Factors relating to COVID 19  
can start to pile up, leaving us  
at risk.

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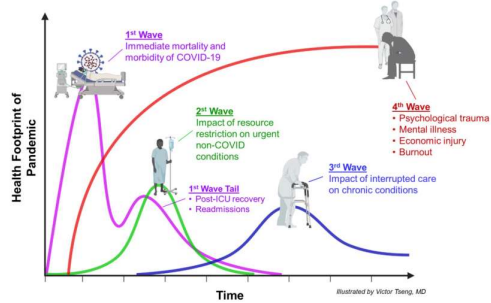
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## Four Waves of the Pandemic




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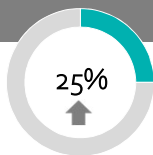
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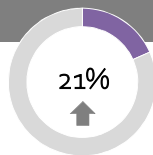
## Fast Facts



Canadians who reported their mental health had declined due to COVID 19



Increase in substance use amongst those aged 35-54 due to COVID 19



Increase in substance use amongst those aged 18-34 due to COVID 19

CAMH July 2020

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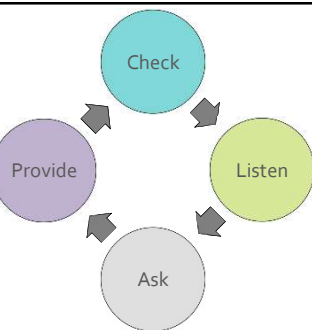
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Create a routine with your loved one for consistent connection and support

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## Check

- Set up a regular time to check in
- 'Check in' with yourself before you check in with others
- Be careful not to make assumptions
- Know the warning signs
- Make sure basic needs are being met
- Do they know/use resources?

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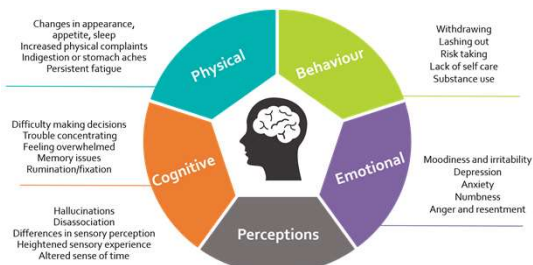
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## Signs to Look for




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## Listen

- Avoid distractions
- Listen *ACTIVELY*
- Be non-judgmental
- Resist the urge to offer advice
- Avoid interrupting
- Allow for silence

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"That sounds hard.  
I'm here to listen."

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## Ask

- Ask open-ended questions
- Avoid questions that sound judgmental
- Pace yourself – avoid too many questions
- Ask what is needed
- Offer options (A or B?)

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"What it has been like for you  
coping with COVID 19?"

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## Provide

- Consider different types of support:  
emotional  
practical  
information/resources  
navigation
- Remember that not all needs can be met by you
- Re-strategize how to give support during restrictions

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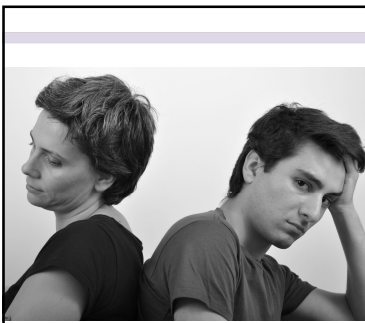
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Sometimes our interactions with loved ones can become challenging when we are not starting from the same place, and don't have the same goal.

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## Supportive Approaches

### Emotion Focused

- Less in control
- Overwhelmed
- Not necessarily logic or fact-based

Actions: mindfulness, calming exercises, empathy, distraction, listening

### Problem Solving

- More in control
- Not overwhelmed
- Thinking clearly

Actions: decision making, strategizing, planning, identifying accommodations

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## Respect choice & empower

- What do you think you could do?
- What are some things that you have on hand?
- What do you need? What do you find helpful/unhelpful?
- Would you rather do A or B?
- Remember that different doesn't necessarily mean wrong.

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## Setting Boundaries

State your  
Boundary

State  
Outcomes

Follow  
Through

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## It's okay to set limits

You don't have to ask permission  
You won't always agree

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### Depression

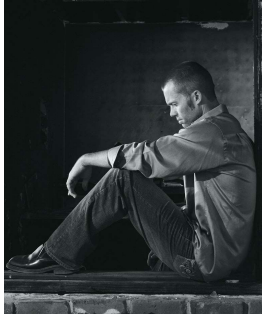
It is important for us to reach out to ensure there is connection.

Fatigue can be intense, and motivation can be very difficult.

Avoid "shoulds"

Baby steps count!

Make a plan for support, including crisis.




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### Anxiety

Engage for understanding.

Validate and empathize.

Discuss factors that aggravate anxiety.

What is helpful?

Provide reliable sources of information.

Provide resources for support.




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### Substance Use

Be non-judgmental

Discuss problematic use.

Know that change happens in stages.

You can't recover on someone's behalf.

Supports are available for harm reduction, not just abstinence.




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Sometimes, we get so focused  
on caring for others, that we  
forget to care for ourselves

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## Self Care

- Self care is not selfish
- Compassion Fatigue happens
- Make yourself a priority
- Be gentle with yourself
- Resources are available for you as well as you loved one

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**1 844 437 3247**  
(HERE247)

Call anytime to access  
Addictions, Mental Health  
& Crisis Services  
Waterloo-Wellington

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## COVID-19: HERE4HELP

### •Here4Help.ca

- Resources, information, and guidance to support mental health as we navigate this new and temporary normal
- Sections specific to children, youth, parents, and guardians, adults, seniors and caregivers, employees and employers, and healthcare workers.

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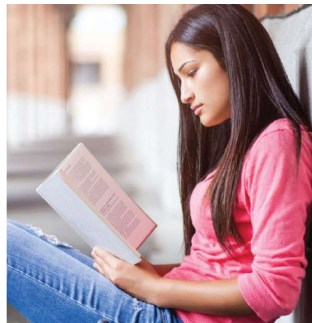
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**BounceBack<sup>®</sup>**  
reclaim your health

A free program to help  
you tackle depression  
and anxiety.

**bouncebackontario.ca**  
**1-866-345-0224**




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## Resources

HERE4HELP [www.here4help.ca](http://www.here4help.ca)

Peer Support [www.cmhawwselfhelp.ca](http://www.cmhawwselfhelp.ca)

Carizon Counselling (Waterloo Region) [www.carizon.ca](http://www.carizon.ca)

Family Counselling and Support Services for Guelph  
Wellington [www.familyserviceguelph.on.ca](http://www.familyserviceguelph.on.ca)

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## For more information:

Questions regarding this presentation:

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Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
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