

Schizophrenia Society of Canada Statement on COVID-19

Message by the CEO, Dr. Chris Summerville

We here at the Schizophrenia Society of Canada (SSC) like you, have been saddened to see the world-wide devastating impact that the Coronavirus (COVID-19) is having. As with you, we are deeply and profoundly concerned. We are living through an unprecedented time as we learn to navigate our “new normal” during the COVID-19 pandemic. Anxiety levels are heightened for us all as we worry for ourselves, our loved ones, our livelihoods, our communities, and for healthcare and essential workers risking their lives.

This health pandemic is touching each of us in many ways, not only health wise, but economically, socially, and mentally. It is forcing all of us to view many of our everyday activities differently and making us change the way we live. We now know that mental health challenges and problems have increased substantially. The use of alcohol and domestic abuse have increased. The stress associated with the pandemic is leading to relapse for many living with a mental illness. Many of us are grieving arising out of monumental events: losing a loved one, losing a job, losing our rhythm of life, and losing our connection to one another.

We are sharing COVID-19 and mental health knowledge through the links found below.

We hope this information will empower you to take necessary action to keep yourself safe as well as your family members and friends, including the general public.

We need to stand together and look after each other. Please take the time that you and your family needs. Prioritize what is important in your lives. We all need to have patience, practice good self-care, and have empathy and compassion for each other.

The SSC Board of Directors and staff extend a heartfelt thank you to the many people who are working day and night to keep Canadians safe and healthy during COVID-19. We recognize the unusual strain and stress upon healthcare providers during this difficult time. Extend patience and curtesy to them as well.

LINKS:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/get-ready.html>

[Help flatten the COVID-19 curve.](#)

<https://www.mentalhealthcommission.ca/English/catalyst-april-2020-caring-crisis>

<https://www.mentalhealthcommission.ca/English/news-article/13920/choosing-sources-information-carefully-critical-covid-19-mental-well-being-says>

<https://www.mentalhealthcommission.ca/English/news-article/13958/new-nanos-poll-reveals-people-canada-are-more-stressed-era-covid-19>

<https://cmha.ca/news/covid-19-and-mental-health>

[Coronavirus: 5 tips to find the best mental health tools online](#)

<https://www.everydayhealth.com/wellness/resilience/>

<https://cmha.ca/news/6-tips-to-respond-to-employee-anxiety-about-covid-19>

<https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>

<https://kidshelpphone.ca/get-info/were-here-for-you-during-covid-19-novel-coronavirus/>

<http://www.camh.ca/en/health-info/mental-health-and-covid-19>

<https://policyoptions.irpp.org/magazines/may-2020/covid-19-is-depriving-people-of-the-opportunity-to-grieve/>

<https://www.everydayhealth.com/news/how-grief-can-make-you-sick/>

<https://www.cpa-apc.org/covid-19/>

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>