

COVID-19 mental health supports and services

COVID-19 has created stress and anxiety for many people. To help, Medavie Blue Cross has launched a new section on its website at medaviebc.ca/mentalhealth that provides an overview of the mental health resources available to plan members. This section makes it easy for members to assess the support that is most appropriate for them, and link through to start using them. Medavie Blue Cross has also sponsored a free digital program developed by BEACON called [Stronger Minds](#). Stronger Minds provides expert mental health guidance for the emotional wellbeing of anyone needing support as well as access to videos, quick reads and resilience-building activities. Stronger Minds can be accessed by Medavie Blue Cross members via the above link. Also, Health Canada has launched a portal called [Wellness Together Canada](#). This portal, dedicated to mental wellness, provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals.