



Indigenous Services
Canada



FIRST NATIONS OF QUEBEC
AND LABRADOR HEALTH
AND SOCIAL SERVICES
COMMISSION

PROBLEM SOLVING

In the current context, some people may feel overwhelmed and have difficulty finding solutions to solve the problems they may encounter. The [Dealing with problems in a structured way](#) tool provides appropriate strategies for coping with stress and anxiety during the COVID-19 pandemic.

MENTAL HEALTH FIRST AID

The interventions that will be performed in the current context may be very different from what you are used to. The following guides may help you find interventions that could be useful for your clients.

[Psychological First Aid – Pocket Guide](#)

This guide, which was designed by the Red Cross, has a section on Self-Care and a section on Care for Others. It is useful for giving you avenues for intervention in a crisis situation.

[Mental Health First Aid, COVID-19: Self-Care & Resilience Guide](#)

This tool is focused on self-care from a mental health perspective by guiding the person who wants to find strategies to take charge of their situation.

COMMUNICATING WITH A PERSON IN CRISIS

The [Tips to talking to someone in crisis during COVID-19](#) provides helpful advice for helping people in crisis.

TRANSITION TO THE DELIVERY OF ONLINE CARE

The [ACCESS Open Minds](#) bilingual guide provides simple information for follow-up with your clients online.

OTHER USEFUL RESOURCES

BILINGUAL

[Mental health and the COVID-19 pandemic](#)

FRENCH

[Prendre soin de sa santé mentale en temps de crise](#)

[Matériel adapté pour les personnes ayant une déficience intellectuelle](#)

[Trousse portant sur l'identification des personnes à risque de vulnérabilité psychosociale](#)

[Supporting your mental health through the COVID-19 pandemic](#)