

# Mental Health Resources

It is important to find resources to help manage mental health, especially with the stress of the pandemic. This stress can exacerbate negative emotions and have an impact on mental health. Below are three different resources to help with mental health that are tailored to those with PH.

*Disclaimer: This article does not present an exhaustive list of mental health resources and is intended for informational purposes only.*

## 1 Emotional Wellness Handbook for PH Patients

Written for PHA Canada by Counsellor Alyson Quinn, this handbook contains short, easy to read chapters about the emotions that can accompany being diagnosed and living with a serious condition such as PH. Whether it be anger, courage, compassion, shame, fear, or loneliness, it is extremely common to have an emotional reaction to the day-to-day realities of living with PH. While sometimes it may seem easier to repress these feelings, it is more physically and mentally healthy to try to acknowledge and accept how we feel, and to learn how to work through our emotions. Although this process is far easier said than done, the *Emotional Wellness Handbook* provides a guide based on the experiences of other PH patients and the professional expertise of its author.

To utilize this resource, go to [phacanada.ca/WellnessHandbook](http://phacanada.ca/WellnessHandbook)

## 2 Meditation for PHers

Numerous studies have shown that meditation can be a useful tool for relaxation and can even improve mental and physical health. While it may seem time consuming, modern meditation can be as short as 15 minutes per day while still having a positive effect (1). Given that there is quite a variety of types of meditation, it is important to find what works for you. This blog post serves as a starting point to explore different styles of meditation, such as mantra meditation, mindfulness meditation, or guided meditation, either in person or using an app.

Read the blog post at [phacanada.ca/Meditation](http://phacanada.ca/Meditation)

## 3 Chronic Illness Counselling

We all need help when it comes to our emotions and mental health, whether this comes from our community, friends and family, or a therapist. Living with PH can be challenging and at times it may be invaluable to seek out professional help for emotional support. Professional counselling is often covered by employer/private insurance plans. There are counsellors who specialize in chronic disease in every province in Canada.

Try a specialized search engine like *Find a Chronic Illness Therapist* at [psychologytoday.com/ca/therapists/chronic-illness](http://psychologytoday.com/ca/therapists/chronic-illness)

### Reference:

1. May, C. J., Ostafin, B. D., & Snippe, E. (2019). The relative impact of 15-minutes of meditation compared to a day of vacation in daily life: An exploratory analysis. *The Journal of Positive Psychology*, 15(2), 278-284. doi:10.1080/17439760.2019.1610480

## Other Resources

**CARD System for Coping with Anxiety** – For Caregivers, Parents, and Patients

Patient or caregiver, child or adult, everyone feels anxious or afraid sometimes. Use this CARD (Comfort, Ask, Relax, Distract) game to reduce your fear and anxiety. It provides strategies to cope with stressful situations.

To start playing, visit [phacanada.ca/CARD](http://phacanada.ca/CARD).

## For Health Care Providers

The pandemic has significant impact on healthcare professionals' mental health. The Canadian Medical Association (CMA) provides a support line for high-quality and tailored mental health services.

Visit [cma.ca/supportline](http://cma.ca/supportline).

## Government of Canada

*Taking care of your mental and physical health during the COVID-19 pandemic*

Visit [canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html](http://canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html).

*Mental health and COVID-19 for public servants: Protect your mental health*

Visit [canada.ca/en/government/publicservice/covid-19/protect-mental-health.html](http://canada.ca/en/government/publicservice/covid-19/protect-mental-health.html).

## Caregiving While Working

Visit [canada.ca/en/government/publicservice/covid-19/caregiving-working.html](http://canada.ca/en/government/publicservice/covid-19/caregiving-working.html).

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