

Mental Health and Psychosocial Impacts of the COVID-19 Pandemic



Large scale crises and disasters, such as the COVID-19 pandemic, affect the mental health and psychosocial well-being of individuals and communities.

Like other epidemics, the current COVID-19 pandemic involves:

Fear of the unknown, infection, job loss, death

Fear for loved ones

Disruption to routine and normalcy

Social isolation

Living in a prolonged state of stress

Over the short- and long-term, these conditions can lead to:

Inability to focus, anxiety, and panic

Loneliness and depression

Relationship and family conflict

Disruption to community connection and social fabric

Alberta has shown resilience in the face of adversity before.

Living through crisis can yield transformation and positive growth, including deeper relationships, more connected communities, and resilience for future challenges.

How psychosocial responses are managed is critical to community recovery.

Psychosocial supports should:

Be early, rapid, and efficient

Create opportunities for mutual support in the community

Listen to the demands of people in their own spaces

Be sustainable in the mid-to long-term