Mental Health and Psychosocial Recovery after COVID-19

Considerations for Supports and Services



Similar to other natural disasters and large scale crises, the COVID-19 pandemic will have an ongoing impact on individual and community mental health and psychosocial well-being. Here are some key lessons from research and Alberta's own experience about priority psychosocial supports and services to support recovery.

Considerations for Mental Health and Psychosocial Supports in Response to COVID-19

The composite term 'mental health and psychosocial supports' refers to a broad range of interventions in response to emergencies, including biological approaches and sociocultural approaches in health, social,

education, and community settings.

Lessons Learned from Communities about Priorities for Recovery*

Specialized Services

Professional sychological treatment

Treatment for youth addictions
Support for children with complex needs

Focused,
Non-Specialized Supports

Interventions for mild to moderate mental health disorders Reduce stigma and build awareness

Address burnout for front line staff

Community and Family Supports

Prevention and early intervention activities for mild psychological distress (natural reactions to crisis events)

Community connection events

Prevention programs

Basic Services and Security

Fulfillment of basic needs and provision of security for general population affected by crisis

Rebuild local economy

This pyramid of intervention was developed by the Inter-Agency Standing Committee Reference Group for Mental Health and Psychosocial Support in Emergency Settings (2010)

*Lessons learned from research and engagement with Alberta communities recovering from natural disaster Sources: IASC, 2007; IASC, 2020; Kulig, J., Germann, K., Parker, N., Salt, V., Walker., D., & Scott, C., 2017