

# Mental Health and Psychosocial Recovery after COVID-19

*Considerations for a Provincial Response*



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 experiences about the pillars of a provincial response that will be foundational for recovery.

## Pillars for a Provincial Psychosocial Response to COVID-19



### Common Purpose & Principles

Shared goal to prevent pathology and promote psychological health and well-being



### Knowledgeable, Stable & Skilled Workforce

Stability for front line and support staff with knowledge and skills for psychosocial recovery



### Leadership & Commitment

Leaders across key sectors and all levels coordinate and commit to psychosocial recovery



### Ongoing Learning & Adaptation

Monitoring, evaluation, and reporting for ongoing improvement and adaptability



### Respectful, Trusting Relationships

Strengths-based partnerships among local connectors, agencies, and governments



### Infrastructure and Resources

Processes, systems and resources to support effective functioning and quality services

Source: [Kulig, J., GermAnn, K., Parker, N., Salt, V., Walker, D., & Scott, C., 2017](#)

For more information please contact PolicyWise for Children & Families at:

[Info@policywise.com](mailto:Info@policywise.com)