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Nurses and  
Nurse Practitioners  
of British Columbia

The BC Psychological Association (BCPA) and the Association of Nurses and Nurse Practitioners of BC (NNPBC) are pleased to be working together to ensure that BC's healthcare workers at point of care during the COVID-19 pandemic receive access to prompt support, also referred to as psychological first aid, services.

Healthcare providers are experiencing greater than normal stress levels during the COVID-19 pandemic. Making sure that there is an outlet for the stress and anxiety allows for healthcare workers to gain effective coping strategies that allow them to continue to provide care while also taking care of their mental health. Nurses have unique stressors that compound anxiety and stress. These include dealing with less than optimal staffing levels, stress from having to care for family or co-workers and the expectation that they will cope with less than ideal access to the supplies that providing competent care calls for. Additionally, moral distress and ethical decision-making concerns are likely to surface over the coming weeks.

"Ensuring healthcare providers have access to secure, online and high-quality mental health services from registered psychologists is imperative. These are high-stress times and the BCPA wants to ensure that we are able to connect healthcare workers to with psychologists on a same-day basis to help them manage anxiety.", said Lesley Lutes Director of Public initiatives with BCPA and Psychology Professor at UBC Okanagan campus.

Anxiety and stress can manifest in different ways and take their toll on people differently. What is universally agreed on though is that COVID-19 has had a mental health impact on the public and healthcare providers alike.

"Nurses are at the point of care day in and day out. Moral distress, burn-out and anxiety are very real problems for nurses. Stepping up to support our communities during the COVID-19 pandemic exacerbates those problems. NNPBC highly values the work that all healthcare providers are doing and wants to ensure everyone has access to the help they need. That said, our focus is on nurses and we want to ensure that British Columbia's largest group of healthcare providers has ready access to these types of supports.", said Michael Sandler Executive Director of NNPBC.

Please visit either the [NNPBC](#) and [BCPA](#) websites for more information about how to access these important services.