

COVID-19 and Mental Health

Mental health is psychological and emotional well-being and is part of overall health. It does not mean the same thing as [mental illness](#). The COVID-19 pandemic has disrupted routines and support systems for many children and their families. Emerging evidence outlines the negative impacts of the pandemic on the mental health of children and youth.

In the most recent [Youth Development Instrument Report](#), 46% of youth surveyed in BC and 56% of youth in the Northern Health region report having low mental well-being. As such, NH's Population Public Health's regional Mental Wellness program focuses on initiatives that support the mental well-being of children and youth.

Mental health is influenced by factors such as early life experiences, family, community, and society; however, there are many [ways](#) we can promote and protect mental health.

- Talk about feelings and life's stresses to trusted people
- Value ourselves and others
- Take time to rest
- [Practice self-care](#)
- Engage in physical activity
- Stay connected with friends and loved ones
- Be creative (learn new skills and ideas)
- Get a good sleep
- Get involved in community activities
- Ask for help when needed



For more information, connect with Northern Health's [Regional Program Lead, Mental Wellness](#) or browse the resources at:

- [Canadian Mental Health Association](#)
- [Mental Health Commission of Canada](#)
- [Foundry BC](#)

For Your Information

June is Parks and Recreation Month

Canadian Parks and Recreation Association celebrates the month of June as [Parks and Recreation Month](#). The month provides the opportunity to raise awareness about the importance of parks and recreation and the role it plays in the quality of life for all Canadians.

ParticipACTION Community Challenge

Dates: June 1-30, 2023

The [ParticipACTION Community Challenge](#) is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June in search of Canada's Most Active Community. Multiple prizes are available.

Share Your Opinion

BC's Office of the Human Rights Commissioner: Baseline Project Survey

Deadline: June 9, 2023

BC faces a wide variety of human rights issues requiring urgent attention and action. BC's Office of the Human Rights Commissioner is looking to learn more about these issues from those working with communities. If you provide programs or services in your community or your work addresses human rights issues in your region, please help [inform their research](#) on the state of human rights in BC. Your answers will contribute to establishing a human rights baseline for the province that will help to influence policy, raise public awareness, and deepen relationships.

BC SPEAK (Survey on Population Experiences, Action, and Knowledge)

Dates: April 25 to June 20, 2023

Public Health launched the third round of the province-wide BC SPEAK Survey and wants to hear from BC residents about their physical and mental health, as well as their social and economic well-being. By sharing and participating in the survey, you will provide valuable information about how to improve the health of your community. Northern BC residents who take the survey can win one of 3 iPads, or one of 150 grocery gift cards. Please help us spread the word: bccdc.ca/SpeakSurvey



Resources (toolkits, reports, websites)

Cannabis Awareness Campaign

On May 15, the First Nations Health Authority (FNHA) launched an eight-week [cannabis awareness campaign](#) to help Indigenous youth make informed choices by providing information on the health impacts of using cannabis. The campaign focuses on Indigenous strengths to remind youth that their culture and traditional values give them the strength and ability to make the right choices for themselves.

Food Costing in BC Report

The [Food Costing in BC 2022: Assessing the affordability of healthy eating](#) report and [infographic](#) are now available by the BC Centre for Disease Control (BCCDC). We recognize that poverty is the root cause of household food insecurity, not the cost of food. However, the cost of healthy eating is out of reach for many households in BC and is a significant public health concern. This [Northern Health \(NH\) story](#) explores what the food costing results and process might mean for Northerners. To learn more about food security, visit the [NH Food Security webpage](#) or contact a [Population Health Dietitian](#).

Homeless Encampments & Human Rights

Unsheltered homelessness is a growing health and safety issue in many communities. The [Homeless Encampments through a Human Rights Lens](#) highlights the socio-economic and legal challenges of regulating these spaces while underpinning the work of seven Canadian municipalities. Recommended decisive actions are explored in further detail. [Homeless Encampments & Your Human Rights](#) outlines human rights while living in an encampment.

New Northern BC Healthy K to 12 Schools Newsletter

The [Northern BC Healthy K to 12 Schools Newsletter: Issue four](#) provides an informative range of health topics and resources for school staff, students, and families. In this issue, learn about mental wellness, physical activity, teaching tools, and much more. It is best viewed in electronic format. Contact Northern Health's [Healthy Schools Nursing Lead](#) if you have questions for future newsletter topics.



WHO releases new guide and toolkit on age-friendly cities and communities

A new [guide](#) released by the World Health Organization (WHO), national programs for age-friendly cities and communities, provides a clear framework for how such programs can be established and sustained in every country to accelerate the creation of age-friendly environments: better places to grow, live, work, play, and age.

Funding Opportunities

Complete Communities Program

Deadline: June 16, 2023

The [Complete Communities program](#) supports local governments and modern treaty First Nations in advancing identified community goals through the creation of more complete communities. The program supports communities in undertaking assessments

to inform land use decision-making, considering housing need, supply, and location; providing transportation options including increased walkability; and making connections to infrastructure investment and servicing decisions.

Age Better: Investing in Wellness Grants

Deadline: June 23, 2023

Age Better (formerly Seniors Can!) is a HelpAge Canada program designed to help community-based seniors' services (CBSS) organizations in supporting older people in the places they live. [Well-Being Grants](#) of up to \$10,000 per organization are available to provide one or more low-income seniors with mobility and communication enhancing equipment or devices, dental care, and/or for social services or supports such as transportation, delivered meals, or senior center memberships. [Innovative Programming Grants](#) of up to \$10,000 are available for organizations to deliver innovative programming for seniors.

Provincial Infrastructure Grant Planning Program

Deadline: July 12, 2023

Municipalities and regional districts can apply for grants that support project related to the development of sustainable community infrastructure through the [Infrastructure Planning Grant Program](#). Grants of up to \$10,000 are available to help local governments develop or improve long-term comprehensive plans.

Disaster Mitigation and Adaptation Fund

Deadline: July 19, 2023

The [Disaster Mitigation and Adaptation Fund](#) is a national program designed to support construction of public infrastructure and/or modification or reinforcement of existing public infrastructure that prevent, mitigate or protect against the impacts of climate change, disasters triggered by natural hazards, and extreme weather.

Age-friendly Communities Program grants

Deadline: July 28, 2023

Age-friendly communities support older adults to age-in-place, and live active, socially engaged, and independent lives. BC Healthy Communities Society (BCHC) invites local and Indigenous government to apply for the [Age-friendly Communities Program grants](#): Planning (Stream 1) up to \$25,000, and Projects (Stream 2) up to \$15,000. Visit [Age-friendly BC - Province of British Columbia \(gov.bc.ca\)](#) for additional information, a toolkit and other age-friendly resources.

Northern Health Stories

Evacuation Alert vs Order: What's the difference?

Wildfire season is upon us, and it is important to be prepared. Even if you think your family or home is safe from the threat of wildfires or other inclement weather (like flooding) it's always better to be prepared. ...[continue reading](#).

See the latest stories at stories.northernhealth.ca

E-Brief Information

The Healthier Northern Communities [E-Brief](#) is produced by [Northern Health's regional Population and Preventive Public Health program](#).

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To share information, articles, or resources of interest to northern BC communities, send an email to healthycommunities@northernhealth.ca. If you have any questions about our list and your privacy, please phone (250) 637-1615.

