
COVID-19 Update for Parksville Residents

Staying Well in Uncertain Times

This week, recognized by the Canadian Mental Health Association as Mental Health Week in BC, focusses on the importance of maintaining social connections and good mental health.



British Columbia Division

CMHA said feelings of loneliness and isolation were already a major concern before the COVID-19 pandemic, but now that more people are staying indoors and away from others, it is even more of an issue. According to the CMHA website, people with weak social connections are at an increased risk for anxiety, depression, anti-social behaviour and suicidal behaviours. With current health recommendations having us avoid close in-person contact, the CMHA is encouraging people to reach out to each other through phone or video calls, as well as through text messages.

Expanded mental health supports, because of the pandemic, are available online and by phone. CMHA offers many online programs - peer support, mental health check in, community counselling, and such programs as Confident Parents – Thriving Kids, Bounce Back and more. CMHA provides strategies and tools you can use at home – health information, taking care of your health and well-being, what to do if feeling overwhelmed and suggestions for managing financial uncertainty. If you need immediate help, CMHA also offers a crisis line 1 800 784-2433.

Locally, **Forward House** is helping to keep the community safe during the COVID-19. Although closed to the public, Forward House is continuing to support clients during these times and members of the public are welcome to call Forward House to speak with one of their trained mental health workers (250 954-0785), Monday to Saturday from 10 am to 5 pm.

Here are some suggested links with mental health supports related to COVID-19:

Canadian Mental Health Association resources

<https://cmha.bc.ca/covid-19/>

Managing COVID-19 stress, anxiety and depression

https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf

List of BC Mental Health supports

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/services-by-need/mental-health-services>

Health Link BC resources

<https://www.healthlinkbc.ca/mental-health-substance-use/resources>

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Your Feedback on Communications and Public Engagement

The COVID-19 pandemic and resulting physical distancing measures have changed how the City of Parksville connects with residents. We are adjusting to doing business during the COVID-19 pandemic situation and exploring how to continue public engagement while being respectful of the restrictions now in place because of COVID-19.



Listening to provincial and federal health officers, it has become clear that working virtually and maintaining physical distance will be our new normal for some time. Over the next few months, as we move the business of the City forward, we will be looking for feedback from the public on policies, programs and projects. Because we are not able to meet in person, we are now looking for input from our residents to determine whether there is an interest in engaging with the City on projects.

As well, we have a few questions about how you receive information as well as how you would like to provide your feedback to us. Before we begin engaging on future projects, we would like to hear from you.

The link to the survey is provided here <https://www.surveymonkey.com/r/parksvilleengage> and may be accessed from the City's website and our public engagement platform, [Let's Talk Parksville](#). The survey will be open from May 8 to June 7. If you wish a paper copy of the survey mailed to you, please call 250 248-6144. Please direct questions to communications@parksville.ca.

CITY REMINDERS

Public comments at Council meetings - Until further notice, City meetings are closed to attendance by the public. Council continues to meet regularly and meetings are held virtually through Zoom and webcast live and archived from the City's website. Agendas are posted to the website on Thursday the week before the Monday Council meeting. Residents are welcome to send comments related to items on the agenda to Council@parksville.ca. If you wish your comments included in the public record, comments must be received by noon, the day of the Council meeting. Please include a full name and address for the comment to be included in the minutes.

City operations - services continue to operate and with our offices closed to the public, contact us by phone or email. Our main phone number is 250 248-6144 and email info@parksville.ca. Direct department contact information is available on the City's [website](#).



EMO Enews - Emergency Management Oceanside, a partnership between the City of Parksville and Town of Qualicum Beach, provides emergency support and disaster service to residents. We are offering an e-newsletter with updates about COVID-19 as well as emergency preparedness info for Oceanside. Signup at EmergencyOceanside.ca.

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For more information:

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**"Bend the curve,
not the rules."**

- Dr. Bonnie Henry, Provincial Health Officer

