

# Mental Health Resources

We're in this together.

**Dear Unifor Local leaders, activists and members,**

We understand how challenging the past few weeks have been – sweeping layoffs, isolation, and the uncertainty of the future have turned our way of life upside down. During these difficult times, perhaps the most challenging economically in our lifetimes, it's important for us to remember to reflect on our mental health and how we can support each other.

One out of every five Canadians will experience mental illness in normal times. It is okay to feel out of sorts because of the global COVID-19 crisis. During the pandemic, we must normalize, listen to, and empathize with those experiencing distress. Additionally, we remind those experiencing mental illness to find supports, as limited as they may be, that work for them in order to navigate through this crisis. Now more than ever, we must find community and support one another.

**The union has [launched an online portal and resource](#) that provides information and supports related to mental health impacts of COVID-19.** Here you will find resources related to staying well during the pandemic, the implications of isolation and quarantine, the disproportionate impact the crisis is having on equity-seeking groups, community supports, and so much more.

We encourage you to explore this resource and use it to find helpful and appropriate supports. We also encourage you to share this with friends, family and all union members.

Take good care.

In solidarity,



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