

## Mental Health Resources/Supports for COVID-19 Vaccination

There can be many reasons people have not yet received the COVID-19 vaccination. If you are one of those individuals or are close to someone who has not been vaccinated, it is possible you may be feeling some stress and even anxiety.

It is important to seek support to work through any fears or concerns you may have about being vaccinated for COVID-19. One of the best things we can do when struggling with difficult feelings or decisions is to talk with someone we trust. This could be a friend or family member, your family doctor, or a counsellor. The City of Edmonton has many [Mental Health Supports for City Employees](#) if you are unsure where to go.

In addition, please see below for other resources and options:

### If you have questions about COVID-19 vaccination, but are not sure who to ask:

- Schedule an appointment with your doctor and come prepared with a list of questions.
  - You can take this [letter](#) to help guide the conversation.
- Call [HealthLink](#) (811) and talk with a Registered Nurse.
- For further information and guidance:
  - [AHS Frequently Asked Questions - COVID-19 Vaccine](#)
  - [MyHealth Alberta - COVID-19](#)
  - [Public Health Agency of Canada - The facts about COVID-19 vaccines](#) (Available in 23 languages including English, French, Spanish, Arabic, Chinese and Indigenous languages)

### If you are feeling anxious, overwhelmed or fearful:

- **LifeWorks Employee & Family Assistance Program - 1-855-789-7289:** free, professional, confidential short-term, solution-focused counselling service to help all employees and their families.
- **City Chaplain's Office - 780-496-7863:** Lead Chaplain, John Dowds for confidential support and guidance.
- **Anxiety Canada:** offers a free online program designed to provide adults with practical strategies and tools to manage anxiety - [My Anxiety Plan](#) (MAP) program

### If you have apprehensions about the the medical system due to experiences of systemic racism or discrimination:

- [Mental Health Supports for Diverse Communities](#) - these Edmonton agencies can provide you with a chance to connect with someone from your community to discuss your questions and concerns.

### If you have fears or phobias related to needles or medical procedures:

- **Alberta Health Services:** has support available to help reduce pain and distress associated with immunization and improve the comfort and overall experience of those who have needle phobia. You can learn more about your options [here](#):
- **Anxiety Canada:** [7 Strategies to Deal With Needle Fear & Anxiety](#)
- **The CARD System:** [The CARD System](#) (Comfort, Ask, Relax, Distract) provides groups of strategies that can be used to make your vaccination experience a more positive one.