



# Hospice Highlights

## **Mental Health**

By Diana Wood

I think we can all agree that since the start of the covid pandemic our mental health has suffered. Being on lockdown, having to wear masks, being isolated from friends and family is hard on everyone.

According to a survey conducted by the Canadian Mental Health Association in partnership with UBC and the UK Mental Health Foundation, they found that since the start of the Covid-19 pandemic, British Columbians have:

- 42% had a deterioration in mental health.

- 48% feel anxious, worried and depressed.

- 13% increased their substance use as a way to cope.
- 8% have had suicidal thoughts or feelings. That is over 3 million people!!!

During the first year of the covid pandemic, the volume and complexity of grief rose drastically. Roughly 3 million Canadians had loved ones die from various causes and were not able to be at their bedside. No wonder mental health was compromised. No wonder people were anxious and

depressed. And no wonder suicidal thoughts were on the rise.

My question to you is.... how do we, as a society recover from this? I think that first we must learn to be kind to one another. We are not all going to agree with one another all the time. That is just the way it is. But we can respect others viewpoint and agree to disagree.

The Terrace Hospice Society has seen a huge increase in clients who are grieving. People coming in with nowhere else to turn. This is what we are here for. We offer several grief support options. Call for more info 250-635-4811.

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**Terrace Hospice Society**

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