



Complementary approaches to mental wellness and resilience during the COVID-19 pandemic and beyond

Joseph H. Puyat, PhD, M.Sc., MA (Psych)

Scientist, CHÉOS

Scholar, Michael Smith Foundation for Health Research

Assistant Professor (Partner), School of Population and Public Health, UBC

Epidemiology Consultant, BC Centre for Disease Control

Mental illness affects many Canadians, causing significant suffering to individuals and their families, and costing the economy billions of dollars each year. While effective treatment is available for many mental disorders and public investment in the provision of mental health services has increased over the past few decades, the societal burden associated with mental disorders did not decrease.

The current COVID-19 pandemic has even exacerbated this situation, as the number of people experiencing mental health challenges increased while the availability of in-person mental health services has significantly decreased. Dr. Puyat will be discussing ongoing work identifying complementary approaches to promoting mental wellness and resilience during pandemics and beyond.

Online event (registration required)

May 5, 2021

12:00–1:00 PM PST



For more information and to register:
bit.ly/JosephPuyatWiP