



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

COVID -19 Support for Entrepreneurs

The Canadian Mental Health Association (CMHA), supported by BDC, Canada's only bank exclusively devoted to entrepreneurs, in 2019 released an in-depth report examining Canadian entrepreneurs' mental health. The study, "Going it Alone: the mental health and well-being of entrepreneurs in Canada," looks at the mental health and well-being of Canada's entrepreneurs, to better understand the unique pressures they face, discovering that:

- Two thirds (62%) feel depressed at least once a week
- Entrepreneurs who are female, whose enterprises are in the growth or early stages and by those with fewer employees or less revenue are more likely to report mental health issues
- Nearly half (46%) say that mental health issues interfere with their ability to work
- One in five (21%) entrepreneurs feel satisfied with their mental health less than once a week. Among the general population, eight percent of Canadians perceive their mental health as poor or fair.

<https://cmha.ca/wp-content/uploads/2019/06/GoingitAlone-CMHA-BDCReport-FINAL-EN.pdf>

During the COVID -19 pandemic, non-essential service closures and physical distancing entrepreneurs face significant challenges, which can intensify mental health concerns. Entrepreneurs must take care of their basic needs and seek the financial supports necessary (<https://www.bdc.ca/en/pages/special-support.aspx?special-initiative=covid19>) AND take care of their mental health.

Please feel free to also visit us on our website for information that may help you and your family, colleagues and employees manage during this time <https://mbwpg.cmha.ca/covid-19/> and contact us at the SNH for one-on-one support.

The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: hub@cmhawpg.mb.ca
Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.



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