

Table 3. Illustrative quotes of theme 3: Impact on mental health landscape.

Subtheme	Illustrative quotes
Increased recognition of importance of mental health	“A good thing that came out of this pandemic is that there became more awareness about mental health and the importance of taking care of one’s own mental health...” – Provider H; female, psychologist, social service “the government, the media... actually sort of put emphasis on mental health during this period... Actually they increased the awareness and this actually helped people to seek help... because I was also the National Care Hotline volunteer as well and because of this availability of service right... because of this—increased emphasis on mental health during this period.” – Provider I; male, psychologist, primary care “Because of the COVID situation, I do have to acknowledge that the idea of psychology or profession of mental health really just was brought a bit more to the forefront... So I think the pandemic has definitely showcased that mental health or psychologists... without this kind of support, I think there would have been a lot more individuals who may have spiralled or gone a little bit more out of control, due to the lack of connection, and feeling supported in many ways.” – Provider M; female, psychologist, private practice