

# CORONAVIRUS DISEASE (COVID-19)

## TAKING CARE OF YOUR MENTAL HEALTH



### FEELINGS OF FEAR, STRESS AND WORRY ARE NORMAL IN A CRISIS

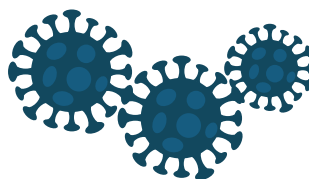
The COVID-19 pandemic is new and unexpected. This situation can be unsettling and can cause a sense of loss of control. It is normal for people and communities to feel sad, stressed, confused, scared or worried. People may react in different ways. Some common feelings may include:

- ▶ Fear of becoming ill or infected with COVID-19, or infecting others
- ▶ A sense of being socially excluded or judged by others
- ▶ Fear of being separated from loved ones due to isolation or physical distancing
- ▶ Feelings of helplessness, boredom, loneliness and depression as a result of isolation or physical distancing
- ▶ Fear of losing your job or not being able to work and struggling financially
- ▶ Concern about your children's education and wellbeing

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### CARE FOR YOUR MENTAL AND PHYSICAL WELLBEING

- ▶ Stay informed but take breaks from social media, watching, reading, or listening to news stories
- ▶ Practice **physical distancing**, but stay connected. Talk to friends or family about your feelings and concerns through email, phone calls, video chats and social media platforms
- ▶ Practice mindfulness. Take deep breaths, stretch or meditate
- ▶ Try to eat healthy meals, exercise regularly, and get plenty of sleep
- ▶ Consider how to take advantage of any unexpected flexibility in your daily routine
- ▶ Focus on the positive aspects of your life and things you can control
- ▶ Be kind and compassionate to yourself and others
- ▶ If you can, minimize substance use. If you do use substances, practice safer use and good hygiene



## YOU'RE NOT ALONE—ASK FOR HELP IF YOU FEEL OVERWHELMED

If you need additional support, call your primary health provider, a registered psychologist or other mental health provider in your community.

If you are in crisis, please contact:

### HOPE FOR WELLNESS HELP LINE

Call the toll-free Help Line at  
**1-855-242-3310** or connect to [the online chat](#).

Available to all **Indigenous peoples across Canada** who are seeking immediate crisis intervention.

Experienced and culturally competent Help Line counsellors can help if you want to talk or are distressed.

Telephone and **online** counselling are available in English and French. On request, telephone counselling is also available in Cree, Ojibway and Inuktitut.

### CRISIS SERVICES CANADA

**1-833-456-4566**

Available to **all Canadians** seeking support. Visit [Crisis Services Canada](#) for the distress centres and crisis organizations nearest you.



### KIDS HELP PHONE

**1-800-668-6868** or  
Text **CONNECT** to **686868**

Available to **young Canadians between 5–29 years old** who are seeking 24-hour confidential and anonymous care with professional counsellors.

Download the **Always There app** for additional support.

## IF YOU THINK YOU MIGHT HAVE SYMPTOMS, USE THE COVID-19 SYMPTOM SELF-ASSESSMENT TOOL

### FOR MORE INFORMATION ON CORONAVIRUS:

 **1-833-784-4397**

 [canada.ca/coronavirus](https://canada.ca/coronavirus)

