

COVID-19 & Mental Health

To manage our mental wellness at this time of uncertainty, adopt the following:

Gather information at regular intervals and from a trusted sources

- Government of Alberta <https://www.alberta.ca/>
- Alberta Health Services <https://www.albertahealthservices.ca/>
- Government of Canada <https://www.canada.ca/>

Adopt personal hygiene protocols

- Wash your hands frequently
- Practice physical distancing
- Avoid touching your eyes, nose or mouth



Make self-care a priority

- Read a book
- Practice mindfulness or meditation
- Schedule a period of exercise

Follow us on social media and be inspired.
@CMHAEdmonton

For 24/7 Mental Health Support REACH OUT

If you, or someone you know, is in crisis or distress phone the Distress Line:

780.482.4357

For information and referral to community, social health and government services:

Phone **211** or Text **211** and type INFO or
Chat **www.ab.211.ca**



**Canadian Mental
Health Association**
Edmonton
Mental health for all

Establish a routine

Our regular schedules may have changed, but it is important to establish a routine. Set specific times for the following:

- Waking up
- Breakfast
- Lunch
- Dinner
- Going to sleep



Keep in contact with others

Let's practice physical distancing and maintain social connections:

- video calling/ phoning
- Texting/emailing
- other creative ways

Check in with one another!

Acknowledge your anxiety

Accept that you are feeling anxious. Ask yourself: Why am I feeling this way? Try to keep things in perspective by acknowledging the facts:

- We have a test to detect the virus
- 80% of cases are mild
- Information is being shared on a global level
- The scientific community is working on next steps