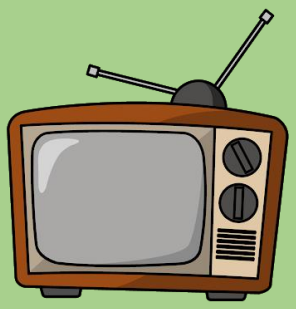
# Tip Sheet for Dealing with COVID-19

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Maintain a healthy lifestyle, including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other friends and family.

If you feel overwhelmed, talk to your family physician or a counsellor. Have a plan, where to go and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as the WHO website, or a local public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that you have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

***Mental Health Supports and Resources***

Canadian Mental Health Association (CMHA) Crisis Line - 705-728-5044 or 1-888-893-8333

Big White Wall - www.bigwhitewall.ca - An online mental health and wellbeing service offering self-help programs, creative outlets and a supportive community.

Bounceback - https://bouncebackontario.ca/ - Available for adults and youth 15+ to learn skills to help manage worry and anxiety, combat unhelpful thinking and become more active and assertive.

Anxiety Canada - www.anxietycanada.ca