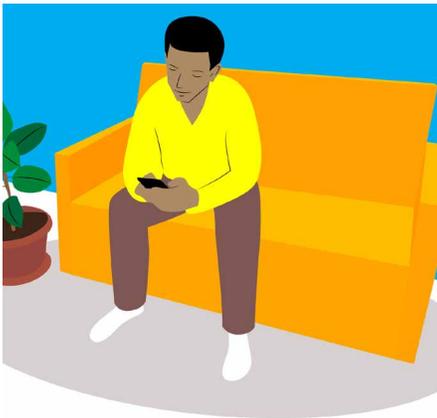


# Mental Health Support

## You are not alone!

The COVID-19 pandemic is a very difficult time for many of us. It is normal to feel stressed and worried. Please know that there is help available in our community.



### Help is available

If you or someone you know is having a hard time coping, please reach out for help.

Visit [counsellingconnect.org](https://counsellingconnect.org) to talk to a counsellor by phone or video.

This is a free service for all ages and you can get help for many different problems. You can get an appointment the same day or the next day.

**Services are also offered** specifically for First Nations, Inuit, and Metis people.

You can also call The Walk-in Counselling Clinic at 613-755-2277 or go to [walkincounselling.com](https://walkincounselling.com). They have services in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at different locations.

If you need to talk to someone right now, these services are here for you 24 hours a day, every day of the week.

- **Distress Centre of Ottawa and Region** at 613-238-3311 in English
- **Tel-Aide Outaouais** at 613-741-6433 in French
- **Crisis Line** at 613-722-6914, if you are 16 or older (Bilingual)
- **Youth Service Bureau** crisis line at 613-260-2360 or chat at [chat.ysb.ca](https://chat.ysb.ca), if you are 12 to 18 years old or parent (Bilingual)
- **Kids Help Phone** at 1-800-668-6868 or text 686868 if you are under 20 years old (Bilingual)

For more resources and supports please visit [OttawaPublicHealth.ca/COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth)

### Financial Support

If you or someone you know is struggling financially due to the COVID-19 pandemic, there is information and support available from the Federal, Provincial, and Local governments. For more information visit [ottawa.ca/support-and-assistance](https://ottawa.ca/support-and-assistance) or call 311.



# COVID-19 and Mental Health

COVID-19 can be very stressful for you and your family.

## There are things you can do to help you and your family get through this

- focus on the things that helped you cope with stress in the past
- limit the time you spend listening to the news
- keep busy with things you enjoy
- avoid using alcohol and other drugs to cope
- practice mindfulness and meditation
- stay connected with people you care about by phone or internet
- connect with your spiritual community and practice your religion but stay 2 meters apart and wear a mask if inside a temple, church, mosque, synagogue or place of worship



## Watch for signs of stress in your child or teen

- changes in their mood or behavior, like sadness or having more outbursts
- changes in their appetite or sleep pattern
- headaches or stomach-aches.

## How to help your child

- listen and recognize their feelings
- give them the right information for their age
- keep a regular routine for eating and sleep
- limit the time they are on their devices or watching TV
- do fun activities with them
- encourage them to get outside for exercise



If you or your family need more help, contact [counsellingconnect.org](https://counsellingconnect.org) to talk to a counsellor by phone or video. This is a free service in English and French for all ages, and you can get help for many different problems. You can get an appointment the same day or the next day. Services are also offered specifically for First Nations, Inuit, and Metis people.

You can also call The Walk-in Counselling Clinic at 613-755-2277 or go to [walkincounselling.com](https://walkincounselling.com). They have services in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin at different locations.

For more multi lingual resources: [OttawaPublicHealth.ca/COVIDMultilingual](https://OttawaPublicHealth.ca/COVIDMultilingual)

Or call **Ottawa Public Health Information Centre** at **613-580-6744**

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