

STAY IN CONTACT VIRTUALLY

# Don't forget about mental health!

Are you feeling stressed, anxious or depressed? The following advice can help you to intelligently deal with events stemming from the coronavirus COVID-19 epidemic here in Québec.

Staying in touch with friends and family virtually is a great way to combat isolation.



**COMMUNICATE WITH YOUR FRIENDS AND FAMILY ON A REGULAR BASIS** while following physical distancing instructions can make a positive contribution to their well-being during these times, as well as your own.

You'll have a wide range of ways to communicate with your family, friends, workmates and acquaintances, including the telephone, email, Web, chat rooms, video-calling, etc.

**MAKE A LIST OF PEOPLE TO CALL.** Then set aside time in your day to call them.

**If you live alone and have no friends and family close by:**

Call 211, where you will be provided with the names and contact information of organizations that can help you to feel less alone.



## **FIND THE WORDS TO EXPRESS YOUR FEELINGS.**

Are you feeling alone or worried? Share your feelings with someone you trust, but follow recommended physical distancing instructions.



## **REMINDE YOURSELF THAT THOSE AROUND YOU ARE IN THE SAME BOAT.**

You don't want them to feel more frustrated, or cut the links that unite you. If there is a situation that bothers you, raise it with them. Find an acceptable solution. You know that the situation, while temporary, could last a while.



## **ASK FOR HELP WHEN YOU FEEL OVERWHELMED.**

Speak to someone you trust or ask for help when you feel overwhelmed. It's not a sign of weakness but rather shows that you have the strength to do what is necessary to cope.



## **HELP OTHERS.**

But follow physical distancing instructions. In difficult times, helping others benefits givers of support as much as receivers.



## **LOOK FOR SIGNS OF IMPATIENCE AND ANXIETY IN OTHERS.**

Take time to ask and understand what is bothering them.

## What's the best way to adapt?

Most importantly, when you are in preventive isolation, take good care of yourself.

Stay in contact with your friends and family by telephone or on the Web. Speak to someone you trust or ask for help when you feel overwhelmed. It's not a sign of weakness but rather shows that you have the strength to do what is necessary to cope.

Physical activity will also help you eliminate tension and to reduce stress. Find time during the day for enjoyment. Rely on your personal strengths to get through these difficult times.

**Keep in mind that by staying home you are helping to save lives. Your decision is important.**

## Look for signs of distress

### 1 PHYSICAL SIGNS

- Headache, neck tension
- Digestive problems
- Sleep problems
- Lower appetite

### 2 PSYCHOLOGICAL AND EMOTIONAL SIGNS

- Anxiety and insecurity
- Feeling overwhelmed by events
- A negative view of things and/or daily events
- Feeling discouraged, sad or angry

### 3 BEHAVIOURAL SIGNS

- Difficulty concentrating
- Irritability, aggressiveness
- Inward-turning, isolation
- Increased use of alcohol, drugs and medication

## Resources

If you are feeling stressed, anxious or depressed by the current epidemic in Québec, call Info-Social at **811 (option 2)**.

## Telephone emergency distress and support hotlines:

- **Tel-Aide**  
Centre that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen:  
Go to [www.acetdq.org](http://www.acetdq.org) (French) for contact information on your regional listening centre.
- **Écoute Entraide**  
Community organization that supports people who are emotionally suffering:  
514 278-2130  
or 1 855-EN LIGNE (365-4463)
- **Tel-Jeunes**  
24/7 hotline for young people in need of support:  
1 800 263-2266
- **LigneParents**  
24/7 hotline for parents in need of support:  
1 800 361-5085

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

1877 644-4545