

STAY INFORMED

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.



While being accurately informed is important, **LIMIT THE TIME YOU SPEND LOOKING FOR INFORMATION ABOUT COVID-19.** Information overload can increase stress, anxiety and depression.



CHOOSE ONE OR TWO TIMES IN THE DAY FOR GATHERING INFORMATION. If you are concerned about missing important information, ask someone else to help keep you informed.



AVOID SENSATIONAL AND QUESTIONABLE SOURCES OF INFORMATION. This will enable you to separate fact from fiction. Focusing on the facts will help you to control your anxieties.

Always **RELY ON TRUSTWORTHY RESOURCES** like the Government of Québec official website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus).



Social media

MODERATE YOUR USE OF SOCIAL MEDIA.

Do not share everything on social media networks. Carelessly shared information can lead to harmful consequences that are detrimental to everyone's efforts. Ensure that whatever you post is up-to-date—situations change on a daily basis. Only read government publications.

USE SOCIAL MEDIA TO DISSEMINATE POSITIVE ACTION.

Share tips and tricks for keeping the kids busy and working at home. Suggest TV series and videos worth watching. Follow groups in your neighbourhood or groups that offer self-help solutions. Watch videos that make you laugh, because laughing is so important.

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 (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