

EMOTIONAL HEALTH IS IMPORTANT

COMMUNICATE

Communicate your feelings with family, friends and co-workers, let them provide you support when you need it.

Communicate with your employer or supervisor if you are concerned or stressed about work related issues. It is their responsibility to respond to your health and safety concerns.

SOME PEOPLE CAN FEEL OVERWHELMED BY COVID-19 INFORMATION

Keep yourself informed, and up-to-date on important safety information, but taking breaks from watching, reading or listening to COVID-19 news can help.

TAKE CARE OF YOURSELF

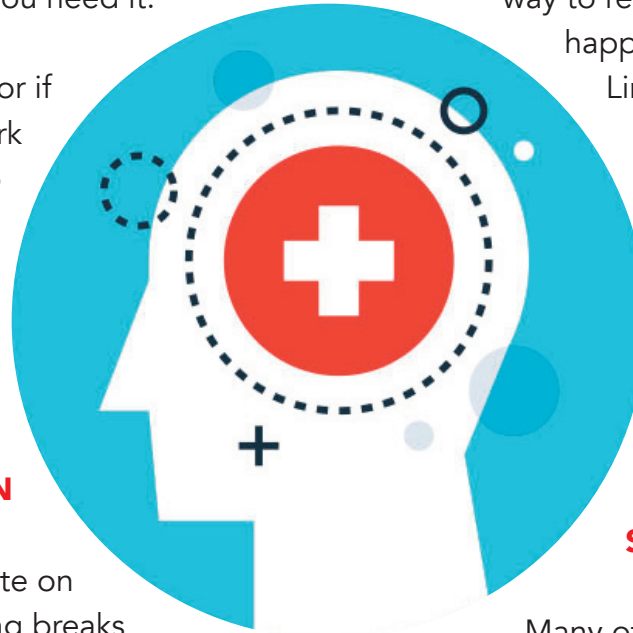
Do activities that you enjoy. Listen to music, go for a walk, or find a way to relax. Make time for doing things that make you happy. Eat healthy, exercise, try to get plenty of sleep. Limit the amount of alcohol you drink as it can make mental health challenges worse.

SEEK SUPPORT FROM A PROFESSIONAL WHEN YOU NEED IT

Whether it is a doctor, nurse or mental health care professional, connect to support services if you need to.

SAFELY STAY CONNECTED

Many of us are experiencing emotional health challenges during this pandemic, so stay connected. Call, text or video chat with your family and friends.



STAY CONNECTED FOR SUPPORT

ConnexOntario is available to listen, provide support, and connect you to other services in your region.

1-866-531-2600 | Available 24/7 | English, Thai & Spanish | Ask for your language of preference.