

CHECK YOUR MENTAL HEALTH!

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person's characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

People who may respond more strongly to the stress of a crisis include:

- People who have preexisting mental health conditions including problems with substance use
- Children
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders

Reactions during an infectious disease outbreak can include:

Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster. Connect with family, friends, and others in your community. Take care of yourself and each other, and know when and how to seek help.

Stay informed with reliable sources such as the CDC, World Health Organization, or your local governments

Maintain a healthy diet, engage in regular exercise and get enough sleep

Preserve daily routines as much as possible

Take advantage of outdoor activities while still maintaining social distancing

Take a break from social media and news and don't overexpose yourself to too much information

Do not isolate, connect others through appropriate social distancing or virtual opportunities



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