

"COVID BRAIN": MENTAL HEALTH BURDEN AND STRATEGIES

RECOMMENDATIONS

The increase in cases identified in the community can cause anxiety. Below are some recommendations for taking care of yourself and others.

KEEP IN TOUCH WITH FRIENDS AND FAMILY WITH ZOOM OR SKYPE

LIMIT EXPOSURE TO SOCIAL/NEWS MEDIA, TOO MUCH INFORMATION CAN TRIGGER ANXIETY DISORDERS

PAY ATTENTION TO YOUR OWN NEEDS, FEELINGS AND THOUGHTS

UNDERSTAND STRESS AND FEAR ARE NORMAL IN UNKNOWN SITUATIONS

AVOID CONFUSING SOLITUDE WITH ABANDONMENT, REJECTION OR HELPLESSNESS

ESTABLISH A SUPPORT NETWORK (EVEN IF IT IS A VIRTUAL ONE)

If you are in need of immediate crisis support please reach out to the Six Nations Mobile Crisis Line at 519-445-2204 or 1-866-445-2204

