



# COVID-19

## Mental Wellness Amid COVID-19

Employees may be experiencing a high degree of uncertainty, worry, anxiety, and stress with regards to COVID-19. Although we need to take the necessary precautions for our physical health (i.e. wearing a non-medical mask, washing hands thoroughly, practicing safe social distancing, etc.), we also need to take care of our mental health. As this topic frequently comes up in conversation, we need to be aware of how this may impact our mental health and mental health of others.

### Some tips on taking care of your mental health

- Get information from a reliable source. Organizations such as the World Health Organization (WHO), Government of Canada, Provincial Government, etc. They have the most current information as it becomes available.
- Stay informed but take breaks from watching, reading, or listening to news stories. It can be overwhelming and a lot to process at once.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
- Identify what is within your control and try to direct your energy towards what most worries you within your control.
- Be aware that everyone reacts to stressful situations differently. How you are coping and/or handling this situation may be completely different than another person.
- Make time to unwind. Try to do some activities you enjoy (while still respecting the guidelines outlined by the government).
- Get fresh air! Step outside for a few moments a day, go for a walk, snowshoeing, etc.
- Connect with others. Talk with people you trust about

your concerns and how you are feeling.

- If you have a family member, friend, or co-worker who is worried or scared, try and listen and empathize with them. Discuss the facts in a simple and straightforward way and ask them how you can help. If they need additional resources, see the contacts below. Ensure you keep the lines of communication open.

### If you feel like you or someone else needs additional support:

- Review your company's benefits plan and avail of an Employee Assistance Program (EAP) or any other resources, if applicable.
- CHANNAL Peer Support Warm Line: 1-855-753-2560
- CHANNAL Peer Support Centres:
  - Mount Pearl (709)368-0279
  - St. John's (709)753-1138
  - Central (709) 489-0035
  - Western Region (709)643-4361
  - Provincial Office: 1-855-753-1138
- Crisis Text Line – Text 'Talk' to 686868
- Mental Health Crisis Line: (709) 737-4668 or 1-888-737-4668
- Canadian Mental Health Association: (709)753-8550
- Mental Health and Addictions System Navigator: (709)752-3916 or 1-877-999-7589
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310
- Kids Help Phone: 1-800-668-6868
- Additional resources can be found at [Bridge the gApp](#).
- **If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others, please call 911.**