Don’t forget about mental health while at home!

Do you need to deal with the new reality of staying at home? The following advice and tips will help make the experience of this time of isolation due to the COVID-19 epidemic in Québec more pleasant.

The current coronavirus (COVID-19) pandemic and related unprecedented preventive measures have created a different reality, one that can be particularly difficult to adapt to. For some, the measures can make an already difficult situation more fragile for family, financial and/or social reasons. Adjusting and adapting to the new situation requires great resilience. Many people feel compelled by the situation to experience a period of isolation, while others need to be creative when reconciling telework and family life.

While an event of this magnitude can affect your physical health, it can also affect your mental health by causing stress, anxiety or depression. Always use on reliable resources of information such as the official Government of Québec website: Québec.ca/coronavirus.

The following telephone hotlines are always available when you feel stress, anxiety or depression related to the current epidemic in Québec: 418 644-4454, 514 644-4454, 450 644-4454, 800 644-4454 and 1 877 644-4454 (toll-free elsewhere in Québec). You will receive information and be directed to psychological health professionals who can provide support and advice that meet your needs. Deaf and hard-of-hearing persons should dial 1 800 361-9556 (toll-free).

Resources on how to incorporate healthy living habits into your daily life:

• defiasante.ca (French)
• force4tv (French)

Resources for better management of family time:

• ecoleouverte.ca
• aliprof.qc.ca (French)
• letsamodeler.com (French)
• viedeparents.ca (French)
• raeinsgrandir.com (French)
• teteamodeler.com (French)
• alloprof.qc.ca (French)
• vifmagazine.ca (French)
• differantes.ca (French)

Telephone hotlines for people in psychological distress:

• Regroupement des services d’intervention de crise du Québec 24/7 services for distressed people (French) Centredederecentre.quebec.ca/centres
• Tel-Aide Listening centres that provides help 24/7 to people suffering from solitude, distress or who need to have someone listen 543 555-101
• Ecoute Entrade Community organization that supports people who are emotionally suffering: 514 278-2130 or 1 855 EN-LIGNE (365-4463)
• Telephone assistance service 1 866 APPELLE (277-3553)

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