

We are at a time and place where the normal daily to-do, schedules and functions have become a distant memory, thrown into the whirlwind of Covid-19 pandemic. Stress, anxiety and overall mental health has taken a toll. Both work and life have been affected drastically by this pandemic and at times it feels it's never going to end. It is at this time we need to try to find the silver lining. Whether it's the fact that you get to see and spend time with your family at home more or finish up little projects you had on the go.

Things You Can Do:

- Put down the phones, close the computers and just take a break from the constant stream of social media, news, podcasts, etc. where everyone is talking about Covid-19 and the effects it is having on societies as a whole.
- Go for a walk, read a book, challenge your kids with a board game, play some video games or call up a friend or family member just to talk.
- Take care of your body, unwind from the day, do activities you enjoy or take up a new hobby.
- If you feel better talking about what is going on in the world with Covid-19. It's best to keep to the facts and rely on verified sources to avoid false information or fear mongering on social media. Having the right information can help with understanding and reduce stress and anxiety.

Living through the COVID-19 pandemic can cause anxiety and worry in all of us. Whether you're coping with the loneliness of self-isolation, concerned about the health of your loved ones or worried about what the future may hold, there are mental health supports available to help you through this difficult time.

- HealthLine 811 mental health and addictions service continues to be available, providing 24/7 crisis support, advice to help manage a caller's situation, information and connection to community resources.
- Kids Help Phone offers professional counselling, information and referrals. You can phone, text or chat online. It's confidential, free and available 24/7.
 - Call 1-800-668-6868 (Cont'd next page)

- Text CONNECT to 686868
- Chat online at kidshelpphone.ca
- Mobile Crisis centres are located across Saskatchewan and operate 24/7.
- Farm Stress Line provides support for farmers and ranchers and is available 24 hours per day, seven days per week. To get help, call 1-800-667-4442.

Family Service Saskatchewan, in partnership with the Saskatchewan Health Authority, supports free mental health walk-in clinics. These clinics offer free one-time counselling sessions which are now available by phone.

You are not alone. We are all in this together. Take each day as it comes, there are resources and information available for financial situations, workplace safety during this time as well as mental health awareness.

- The Government of Canada will soon be releasing a mental health app.
- Your benefits/insurance provider may have programs for you to utilize
- CDC- www.cdc.gov
- Government of Canada - <https://www.canada.ca/en.html>
- Government of Saskatchewan- www.saskatchewan.ca
- Saskatchewan Health Authority – www.saskhealthauthority.ca , <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/mental-health-and-covid-19>
- CCOHS- <https://www.ccohs.ca/topics/wellness/mentalhealth/>
- <https://positivepsychology.com/mental-health-continuum-model/>