



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

The Canadian Mental Health Association Recommends Strategies to Maintain Your Mental Health During the COVID-19 Pandemic

With so much uncertainty surrounding the COVID-19 pandemic, it can take a toll on us not only physically but mentally. With the closure of services, schools and workplaces and the rising number of cases of the virus in our province, it can be hard to not become overwhelmed with anxiety and stress. The following strategies can help you take the necessary steps to maintain your mental health during this time.

Stay Focused on What you Can Control

While this situation may seem overwhelming there are things you can do to feel empowered. Frequently washing your hands, avoiding large gatherings, having an isolation plan and making sure you are following the guidelines recommended by Manitoba Health and Health Canada are all ways you can feel in control during this difficult time.

Recognize that it is Normal to Feel Anxiety

During times of crisis it is normal to feel increased anxiety and it is important to acknowledge those feelings are valid. For those already prone to mental health issues, a stressful situation like a pandemic can increase anxiety, depression and hopelessness. Identify supportive people and mental health services in your community you can reach out to if these feelings begin to overcome your life.

Limit your Consumption of News and Social Media

Take time throughout the day to avoid checking your newsfeed, especially before bedtime. Allow yourself time to focus on activities you enjoy and bring positivity to your life. Reading, listening to music or doing some meditation are all great ways to destress when you are unable to attend regular activities in the community. This may even be a great opportunity to learn a new hobby!

Remain Connected and Listen to your Body

Exercise regularly, get outside, eat well, get enough rest and take care of your mental health by focusing on supportive relationships. Even if you can't go out and meet with friends and family in person, a quick phone call or video chat can help you feel less alone.



A United Way Agency

Have Open Conversations with Your Family

Have age-appropriate conversations with your children and answer any questions they may have in language they understand. Reassure them they are safe and that it is okay to feel anxious or scared. Keep the lines of communication open with loved ones and watch for signs of mental distress.

CMHA Manitoba and Winnipeg Service Navigation Hub (<https://mbwpg.cmha.ca/cmha-service-navigation-hub/>)

- Support, information, and guidance on navigating and accessing mental health supports and services. Call direct at 204-775-6442 or email: hub@cmhawpg.mb.ca

COVID-19 Information and Resources

For information and fact sheets on COVID-19, you can access:

- Manitoba Health – information, fact sheets, and daily bulletins - <https://manitoba.ca/covid19/>
- Government of Canada – information and fact sheets - <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- If you concerned about your health with respect to COVID-19, please contact Health Links at 204-788-8200 or toll-free at 1-888-315-9257 for screening and direction to a testing location
- Shared Health Manitoba has launched new online COVID-19 screen tool (as of March 17th) - <https://sharedhealthmb.ca/covid19/screening-tool/>