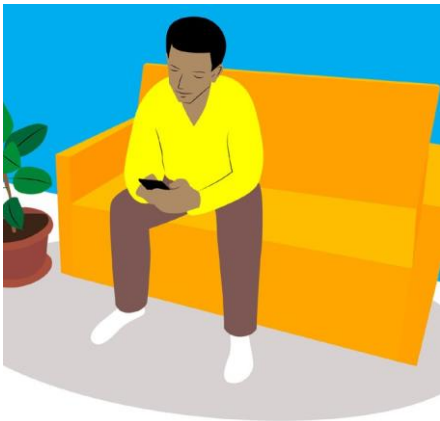


# Mental Health and Substance Use Support

## You are not alone!

The COVID-19 pandemic is a very difficult time for many of us. It is normal to feel stressed and worried. Please know that there is help available in the community.



### Help is available

If you or someone you know is having a hard time coping, please reach out for help. To access free mental health and substance use

- [AccessMHA.ca](https://www.accessmha.ca) for anyone over 16 years of age or [1Call1Click.ca](https://www.1call1click.ca) for anyone under 21 years of age.
- [CounsellingConnect.org](https://www.counsellingconnect.org) provides quick access to a free phone or video counselling session. This service is for everyone: children, youth, adults, and families in Ottawa and the surrounding area.
- You can also call The Walk-in Counselling Clinic at 613-755-2277 or go to [walkincounselling.com](https://www.walkincounselling.com). They have free counselling in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin.

If you need to talk to someone right now, these services are here for you 24 hours a day, every day of the week.

- [Distress Centre of Ottawa and Region](https://www.distresscentre.ca) at 613-238-3311 (Bilingual)
- [Tel-Aide Outaouais](https://www.tel-aide.org) at 613-741-6433 in French
- [Crisis Line](https://www.crisisline.ca) at 613-722-6914, if you are 16 or older (Bilingual)
- [Youth Service Bureau crisis line](https://www.youthservicebureau.ca) at 613-260-2360 or chat at [chat.ysb.ca](https://chat.ysb.ca), if you are 12 to 18 years old or parent (Bilingual)
- [Kids Help Phone](https://www.kidshelpphone.ca) at 1-800-668-6868 or text 686868 if you are under 20 years old (Bilingual)

For more resources and supports please visit [OttawaPublicHealth.ca/COVIDMentalHealth](https://OttawaPublicHealth.ca/COVIDMentalHealth).

### Financial Support

If you or someone you know is struggling financially due to the COVID-19 pandemic, there is information and support available from the Federal, Provincial, and Local governments. For more information visit [ottawa.ca/support-and-assistance](https://ottawa.ca/support-and-assistance) or call 311.

### Scan and Go!

You can go directly to our OPH Covid-19 Mental Health and Substance Use website by:

1. Opening the camera on your phone
2. Putting the camera over the QR code



# COVID-19 Mental Health and Substance Use

COVID-19 can be very stressful for you and your family.

## There are things you can do to help you and your family get through this

- Focus on the things that helped you cope with stress in the past.
- Limit the spend listening to the news.
- Keep busy with things you enjoy.
- Monitor your substance use and follow [Canada's Low-Risk Alcohol Drinking Guidelines](#) and [Canada's Lower-Risk Cannabis Use Guidelines](#).
- Practice mindfulness and meditation.
- Stay connected with people you care about by phone or internet.
- Connect with your spiritual community and practice your religion. Stay 2 meters apart and wear a mask if inside a place of worship.



## Watch for signs of stress in your child or teen

- changes in their mood or behavior, like sadness or having more outbursts.
- changes in their appetite or sleep pattern.
- headaches or stomach-aches.

## How to help your child

- listen and recognize their feelings.
- give them the right information for their age.
- keep a regular routine for eating and sleep.
- limit the time they are on their devices or watching TV.
- do fun activities with them.
- encourage them to get outside for exercise.



Need help with mental health or substance use issues? Don't know where to start?  
Start here: [AccessMHA.ca](#) (16 and older) or [1call1click.ca](#) (birth to 21 years of age).

For more multilingual resources: [OttawaPublicHealth.ca/COVIDMultilingual](#) or call **Ottawa Public Health Information Centre** at **613-580-6744**.