



Protecting Your Mental Health:

What can you do when working from home?

Many people are working from home and are trying to maintain a work routine while balancing other responsibilities. Although many find working from home beneficial, there are still many challenges including childcare, eldercare, finding a proper workspace, dealing with feelings of loneliness and isolation, and separating work and personal life.

1. **Create a routine**

Try to use a similar schedule you once used in the office. This can help you stay motivated and can better draw the line between working hours and personal time. While a regular schedule, is helpful, try to remain flexible as it takes time to develop new routines. Be patient with yourself and others in the household.

2. **Set up a designated workspace**

If you can, make a designated workspace. This helps focus and allows you to step away from your work during your personal time.

3. **Take your breaks**

Taking regular breaks can help you stay productive. Consider using your breaks to recharge by taking a short walk outside, spending time with your pets or calling a friend.

4. **Stay connected with people you care about**

Take coffee breaks virtually or meet with friends or colleagues during your lunch hour. Consider using some of your time off to connect with people you care about. Stay in touch through phone, online chats, social media, or text.

5. Remember that it is ok not to be ok

Ask for help if you feel unwell. It is important to ask for support when facing difficult situations. Some of the support available to you include:

- **Immediate crisis support** is available from [Distress Centre Ottawa](#) and Region 24/7 - 613-238-3311 (Bilingual) or [Tel-Aide Outaouais](#). For children and youth ages 18 and under, please call **Youth Services Bureau's 24/7 Crisis Line** at 613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario)
- [AccessMHA](#) helps adults to find support for mental health and substance use. Go to [AccessMHA.ca](#) and fill out the online form to get started Use [1Call1Click.ca](#) to access support for anyone under 21 years of age. You can call 613-260-2360 or 1-877-377-7775 (toll free for Eastern Ontario) or use 1call1click website to fill the online form.
- [Counselling Connect](#) provides quick access to a free phone or video counselling session. Go to [counsellingconnect.org](#) to book an appointment.
- The [Walk-In Counselling clinic](#) offers free counselling support without an appointment in English, French, Arabic, Spanish, Somali, Cantonese, and Mandarin. Call 613-755-2277 for locations and availability.

For more support and information visit [OttawaPublicHealth.ca/COVIDMentalHealth](#) or call **Ottawa Public Health Information Centre** at **613-580-6744**.



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