



## Protecting Your Mental Health

### What you can do as an older adult?

The COVID-19 situation can be stressful for many of us, and even more so for older people with mobility issues, and those over 70 who are told to self-isolate. Here are some things we can all do to stay mentally well during these difficult times.

#### 1. Use [technology](#) to reach out.

Connect with family and friends through the phone, texting, video chats, and social media. Reconnect with friends you haven't heard from in awhile. Ask your friends and family how they are coping and talk about how you can get through this together. Digital tools like Skype, Zoom, Google Hangout, and Facetime are a great way to have face-to-face conversations while maintaining physical distancing. You can also stay in touch with the people in your immediate area through a neighbourhood Facebook group. Many people are sharing tips, resources, and support, in these community groups. Check out [www.ConnectedCanadians.ca](http://www.ConnectedCanadians.ca) to learn about their technology and training programs.

#### 2. Use technology to connect to the world outside.

Visit a [museum](http://www.Nature.ca) ([www.Nature.ca](http://www.Nature.ca)) or [art gallery](http://www.Gallery.ca) ([www.Gallery.ca](http://www.Gallery.ca)) online. Learn a new hobby or activity online. Try a new exercise class or learn a new skill. *“Most wireless companies have become more forgiving of wireless usage so why not take advantage of this? You can also download a magazine from the library or a film or an audiobook. CBC has all of its programming available free for the time being; this will provide a lot of entertainment for you and your family.”* - Dr. Gail Beck, Clinical Director of The Royal's Youth Program

#### 3. Send cards or letters to let loved ones know you are thinking of them.

Remember, there are people who can help you get through this.

#### Community connections that offer phone support

- The Good Companions Seniors Centre offers programs for older adults and adults with physical disabilities including [Seniors' Centre Without Walls](#) (613-236-0428 ext. 2323) and a [Telephone Assurance Program \(TAP\)](#) 613-236-0428, extension 2235.
- [Rural Ottawa South Support Services](#) (ROSSS) (613-692-4697) offers services for older adults in rural Ottawa South including meals on wheels, free grocery delivery, and the [Friendly Voice](#) (613-692-9992)
- [COVID-19 response site](#) is a website that offers community support services to help seniors and adults living with disabilities.

### Community Supports that offer emotional support

- [Distress Centre Ottawa and Region](#): Call 613-238-3311 (Bilingual) or [Tel-Aide Outaouais](#) - 613-741-6433 (French).
- The [Walk in Counselling Clinic](#) (613-725-3601) offers counselling to help people cope with challenges. Sessions are through calls or video chats. They have free counselling in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin. No appointment needed.

### Clinical Supports

- The [C-PROMPT clinic](#) is a temporary outpatient clinic established at The Royal to meet urgent mental health care needs during the COVID-19 pandemic. The C-PROMPT clinic is staffed by a team of mental health nurses, psychiatrists, psychologists and social workers who provide services like urgent assessments, medication support, short-term psychotherapy, and help with accessing other services as required. Ask your health care provider for a referral.
- [Geriatric Psychiatry Community Services of Ottawa](#) (613-562-9777 ext. 0) supports people over 65 living with mental health problems (not in a long-term care home, and those under 65 with dementia and having behavioral or psychological symptoms).

[CounsellingConnect.org](#) provides quick access to a free phone or video counselling session. This service is for children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.

You can also call The Walk-in Counselling Clinic at 613-755-2277 or go to [walkincounselling.com](#). They have free counselling in English, French, Arabic, Spanish, Somali, Cantonese and Mandarin. No appointment needed.

For more support and information visit [OttawaPublicHealth.ca/COVIDMentalHealth](#).

*You are not alone.  
We are all in this together!*



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