



## Protecting your Mental Health How can we practice being resilient?

The COVID-19 pandemic has been a difficult time for many of us. It is normal to feel stress and worry. Resilience is how we get through these challenging times and recover afterwards. Resilience is a skill that we can learn at any age.

Here are some tips to help be more resilient:

- 1. Think of strategies that helped you cope with stress in the past.**  
Can you use some of those strategies now? For example, many find music, exercise or connecting with friends helpful.
- 2. You cannot stop stressful events from happening, but you can change how you respond and interpret these events.**  
Maintain a positive attitude and take control of your environment when you can. For example, if the news makes you stressed, limit the time that you are exposed to it.
- 3. Pay attention to your own needs and feelings and stay connected with people you care about via phone, social media, or video conferencing.**
- 4. Stay active.**  
Remaining active and getting enough exercise are important to your physical and mental health. Remember to follow safety measures recommended by your local public health unit.
- 5. Practice positive self-talk and think of yourself in a positive way.**  
The way we think about things affects our feelings and actions. Thinking positively can help you overcome challenges.
- 6. Practice self-care.**  
Self-care builds inner strength and can include, taking time to rest, eating well, getting enough sleep and enjoying a hobby.
- 7. Remember that it is ok not to be ok.**

## 8. 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). 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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