

Mental Health Support during COVID-19

It's okay not to feel okay. Many people may feel sad, worried, scared, confused or angry during COVID-19. These are normal and common responses to unexpected or stressful situations.




Stay connected. Play a virtual game, check in on a neighbour, have a video conference.




Be active & take care of yourself. Exercise, eat well, get enough sleep.



Take time to engage virtually or by phone with friends, family or loved ones.



Learn something new. Try a new hobby or take an online course.



Help someone else. Doing good can feel good.




Reach out for help. Talk to someone you trust or seek professional support.

It's much harder to deal with sadness and worry during COVID-19 when you are already living with extra stress. For example, not having enough food and money, living with someone abusive, not feeling safe in your neighbourhood, or dealing with unfair situations like racism and other forms of discrimination.

You are not alone. Support is available.

Call 211 if you are having a hard time. Through 211 anyone can be connected to free mental health supports, including kids, seniors, racialized, Indigenous, Black and LGBTQ2S communities.

Language interpretation is available if you don't speak English.



These are stressful times. Reach out for help to find mental health support.
Call 211, 24 hours a day, 7 days a week.