



# Mental Health during COVID-19

**It is natural to feel stress, anxiety, grief, and worry during and after a stressful situation.**

Everyone reacts differently, and your own feelings will change over time. Notice and accept how you feel. Self-care during a stressful situation will help your long-term healing. Taking care of your emotional health will help you think clearly and protect yourself and your loved ones.

## Alcohol Consumption

**If you are in recovery, it is important during this time to maintain contact with your addiction and mental health counsellor by keeping all your appointments.** You should not postpone your appointments. All the Addiction and Mental Health services across the province remain open. Your clinician may even be able to offer telephone or video appointments.

Physical distancing can be very difficult. Physically connecting with loved ones outside of our household may not be an option right now. This can increase feelings of isolation, anxiety and depression. When some people experience too much stress, they may feel a loss of control, excessive worry and other negative emotions. This can increase cravings and increase use of alcohol or drugs.

**Stay in tune with your feelings and pay attention to whether your alcohol intake is increasing.** It can be helpful to think about the acronym **"HALT"**. This handy acronym reminds us to take a moment to "halt" and make sure we are not feeling **Hungry, Angry, Lonely, or Tired** as these basic needs can go unmet during period of higher stress and anxiety and increase cravings.

You can replace alcohol use with healthy options like completing household tasks you have been putting off for a while, taking the time to read a book, cooking meals or learning something new like exercising or meditating. Make a point to reach out and get support from friends and family members through phone, video or even text messaging.

It is also important to remember Canada's low-risk [drinking guidelines](#).

**Reaching out for help is not a sign of weakness; it is a sign of strength.**

**CHIMO Helpline - Help is just a phone call away: 1-800-667-5005**

**Hope for Wellness Helpline – The Hope for Wellness Helpline offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada: 1-855-242-3310**

**Kids Help Phone - Text TALK to 686868 or call 1-800-668-6868 to chat with a volunteer Crisis Responder 24/7.**