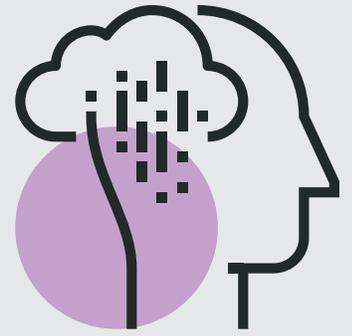


Mental Health Resources for Healthcare Professionals During COVID-19



Many of us are experiencing a high degree of uncertainty, worry, anxiety, and stress regarding our health and safety and that of our loved ones. COVID-19 has disrupted both our professional and personal lives. It is important for us to come together and acknowledge these impacts to maintain and support our mental health during this crisis.

Statistics



Each year, one in five Canadians will experience a mental illness or mental health issue.



People with weak or few social connections are at increased risk for anxiety, depression, anti-social behaviour, and suicidal behaviours.



Many of us say we are fine, even when we do not mean it. 'Fine' keeps us at arm's length from real social connections with others. Every time we just go through the motions, we miss a chance to connect with others in a meaningful way.

Self-Care Tips

- 1. Stay connected.** Talk to your union representative, stewards, colleagues, friends, or family about your feelings and concerns.
- 2. Take care of yourself.** Remember to take your scheduled breaks! Take care of your body by taking deep breaths, stretching, and meditating. Try to eat healthy and nutritious food and have well-balanced meals, exercise regularly, and get plenty of sleep.
- 3. It is okay to say "NO" right now.** Set boundaries for yourself and try your best to stick to them.
- 4. Stay informed** but follow news coverage about COVID-19 in moderation. Take breaks from watching, reading, or listening to news stories.
- 5. Be kind!** Kindness is contagious, not just fear. Identify what is within your control and focus your energy there.



SEIU Healthcare Mental Health and Assistance Line

Speak to a live person who is available to help in real-time and provide you and your family with useful resources including mental health, financial assistance, WSIB, health and safety, and nursing support.

1-877-672-7348

Monday – Friday
8:30 AM – 6:30 PM

SEIU Healthcare