

8 TIPS TO HELP CARE FOR YOUR MENTAL HEALTH

Good mental health and positive wellbeing can help you better cope with the COVID-19 threat and the uncertainty it's creating.



Verify information is from a legitimate source

Avoid **Excessive** Media Coverage



Practice **self-care**

Seek and give **support** to those around you



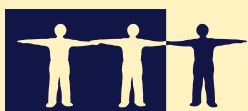
Find **hope** and stay **positive**

Acknowledge and **accept** your feelings



Talk to your children about Covid-19

Ask for **professional help** when needed



Mood Disorders Society of Canada
La Société Pour **Les Troubles de L'Humeur** du Canada

