


# 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

