

COVID-19

Mental health support



It is okay not to feel okay. You may feel sad, worried, scared, confused or angry during COVID-19. It is normal and lots of people feel this way when faced with sudden life changes or hard times.

What you can do



Stay connected. Play an online game with a friend, phone a neighbour, or have a video call with family.



Take care of yourself. Get enough sleep, exercise and eat well.



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



Help someone else. Doing something nice for another person can feel good.



Get help. Talk to someone you trust or get professional support.

Contact 211 for help

If you need help, contact 211 to be connected with free mental health support, including for children and youth, seniors, and racialized, Indigenous, Black and LGBTQ2S communities.

Call 2-1-1 (24 hours a day, seven days a week)

TTY: 1-888-340-1001 | Text 21166 (Monday to Friday, 7 a.m. to 9 p.m.)