



TAKING CARE OF YOUR WHOLE SELF DURING COVID-19

MENTAL WELLNESS

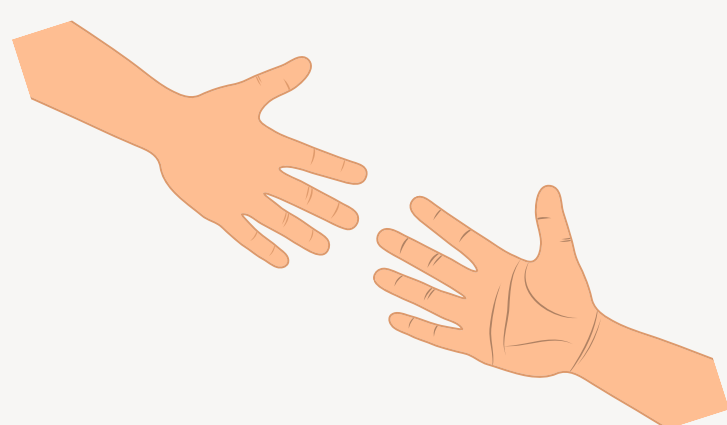
SELF CARE



STAY CONNECTED TO YOUR SOCIAL NETWORKS

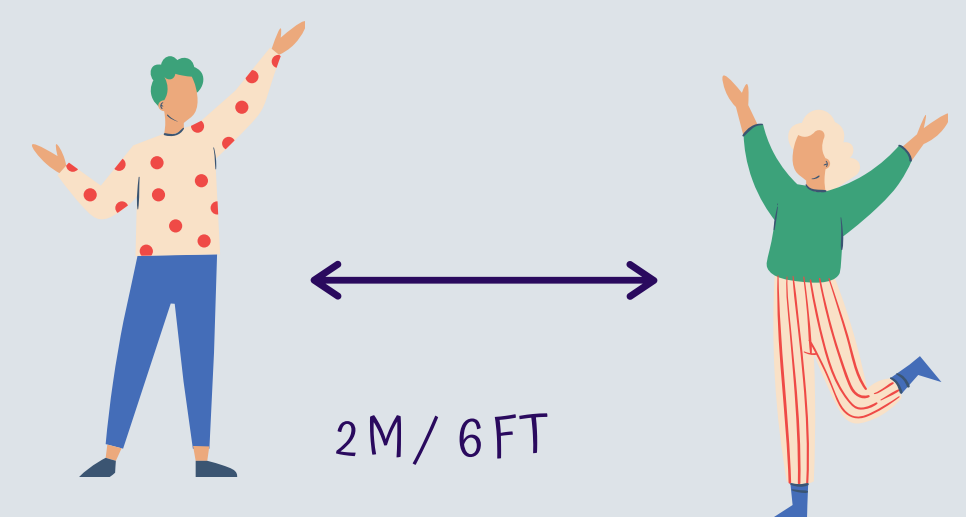


REACH OUT FOR HELP



PHYSICAL WELLNESS

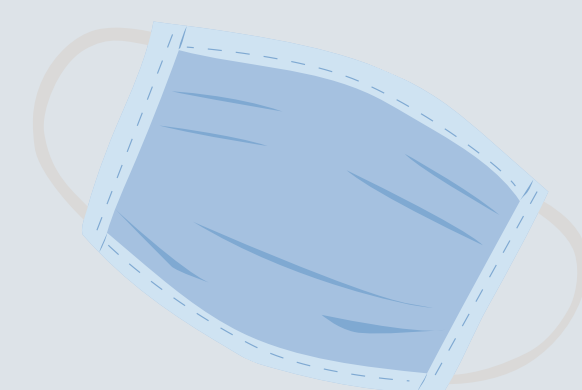
MAINTAIN PHYSICAL DISTANCE



WASH YOUR HANDS FREQUENTLY



WEAR A MASK



VISIT [HERE4HELP.CA](https://www.here4help.ca) FOR MORE INFO AND HELPFUL TIPS

IF YOU ARE IN CRISIS CALL HERE 24/7:
1-844-HERE-247 (437-3247) OR TTY 1-877-688-5501