

Canadian Mental Health Association Waterloo Wellington

Association canadienne pour la santé mentale Waterloo Wellington

TAKING CARE OF YOUR WHOLE SELF DURING COVID-19

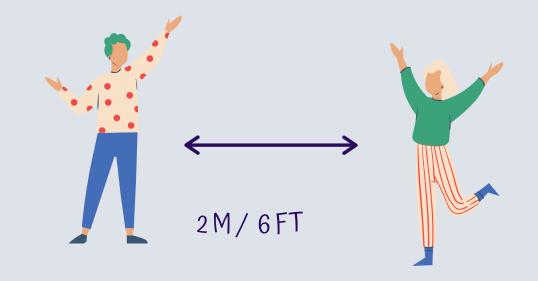
MENTAL WELLNESS

PHYSICAL WELLNESS

SELF CARE



MAINTAIN PHYSICAL DISTANCE



STAY CONNECTED TO YOUR **SOCIAL NETWORKS**



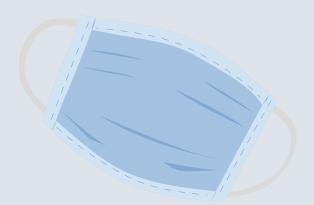
WASH YOUR HANDS **FREQUENTLY**



REACH OUT FOR HELP



WEAR A MASK



VISIT 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