

**Canadian Mental Health Association** Waterloo Wellington

**Association canadienne** pour la santé mentale Waterloo Wellington

# TAKING CARE OF YOUR WHOLE SELF DURING COVID-19

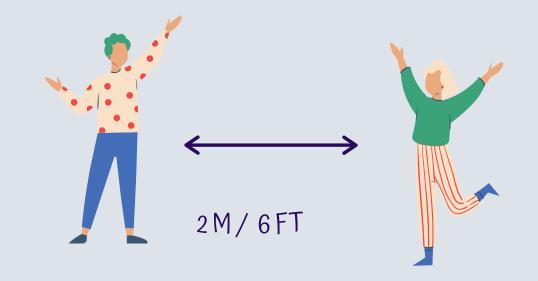
# **MENTAL WELLNESS**

# **PHYSICAL WELLNESS**

# **SELF CARE**



### MAINTAIN PHYSICAL DISTANCE



# STAY CONNECTED TO YOUR **SOCIAL NETWORKS**



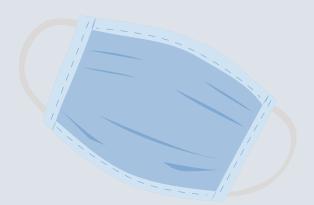
# WASH YOUR HANDS **FREQUENTLY**



### **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