

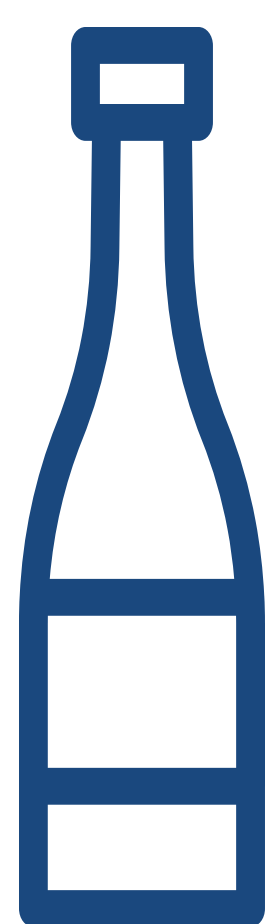


Harm Reduction and Suicide Prevention

Coping During COVID-19

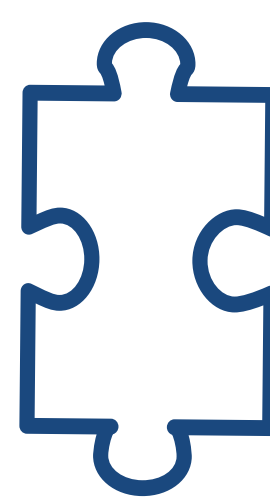


It is easy to engage in avoidance behaviour during stressful situations. Be mindful of unhealthy coping mechanisms such as social avoidance and engaging in substance use to cope.

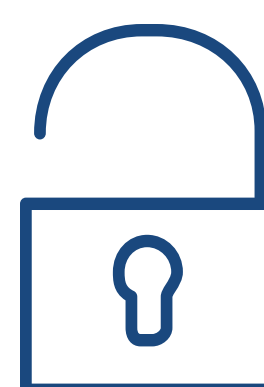


Limit alcohol intake by spacing the amount of time between drinks. This will help to avoid drinking excessive amounts of stockpiled alcohol.

For more information, visit:
www.easternhealth.ca/rethinkthatdrink



Take some time to figure out what healthy coping mechanisms work best for you (e.g., backyard activities, crafts, family board games, keeping a journal, etc)



Secure items in your home that may put your safety at risk (e.g., guns, rope, medication, alcohol)



Have a list of resources available in an open and visible space in your home



Continue to reach out for support virtually to family, friends, and support groups where available

Poison Control Centre
1-902-470-8161

Mental Health Crisis Line
1-888-737-4668

Bridge the gApp
www.bridgethegapp.ca

CHANNAL Peer Support Warm Line
1-855-753-2560

Therapy Assistance Online
www.taoconnect.org