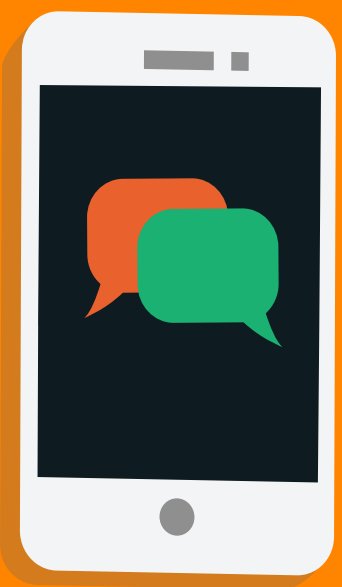


5

WAYS



To Stay Connected While Social Distancing

Video call with family and friends



Explore the outdoors by hiking or walking your pet



Utilize online groups and resources such as Therapy Assistance Online



Practice self-care with activities that bring you joy (e.g., read your favourite book, take a nap, listen to music)



Mental Health Crisis Line
1-888-737-4668



1-855-753-2560

bridge the gapp

www.bridgethegapp.ca



Kids Help Phone 

1-800-668-6868



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