



COVID-19 : Let's protect our mental health too !

Caring for our community

In the Gaspésie and the Magdalen Islands, our population stands out from the rest of Quebec for social support and a sense of belonging to the community. How can we demonstrate this in the context of a pandemic when physical distancing and other imposed measures seem to limit our ability to act? Here are some tips:



➤ Ensure our requests for help are clear

- It's important to clearly express our needs because others cannot always guess them;
- Clearly identify what would help us, give us comfort and security;
- Don't hesitate to turn to our loved ones and/or help services (see the essential services directory by MRC [here](#));
- Remember that we are not alone in this situation and that the whole community is experiencing it .



➤ Offer help to those who need it

- Use the [Jebénévole.ca](#) platform to support community organizations or the [Je contribue](#) platform to support the health network;
- Initiate contact with our loved ones and those around us to validate their needs;
- Thank our essential workers when possible;
- Let's us our strengths to contribute to the collective effort. For example, we can support groups in our neighbourhood that are providing solutions.



➤ Let's be on alert for signs of distress

- Pay attention to the following signs (irritability, impatience, anxiety, anger, negative comments, isolation, withdrawal) and do not hesitate to offer support. Be brave and open a dialogue;
- Do not hesitate to turn to our loved ones and/or help services.



➤ Let's use the [government assistance programs](#) available to us in the event of a crisis



➤ Support the Quebec economy by buying local

- The [panier bleu](#);
- Directory of local resources in the context of social distancing [here](#);
- Directory of local businesses for the baie des chaleurs [here](#).



➤ **Stay well informed to avoid reacting out of fear or discrimination**

- We should limit ourselves to reliable sources of information;
- Avoid hate messages on social media;
- Spread positive messages as much as possible;
- Be on alert for unreliable information circulating on social media;
- Avoid reactions targeting people who are ill: everyone has the right to discretion and dignity.



➤ **Let's find creative ways for keeping in touch**

- Cultivate the social support that we are use to showing and that sets us apart from other regions of Quebec;
- Let's use social media to spread positive actions;
- Choose a positive vocabulary and tone in our messages and conversations.



➤ **Let's be united**

- Contribute to the collective efforts by respecting public health guidelines;
- Remember that what we are doing makes sense (we are limiting the spread of the virus and protecting the most vulnerable);
- Let's fight this virus together, everyone has a role to play;
- It's by working together that we will get there.

Keep an eye out for signs of distress. Asking for help is not a sign of weakness! If you feel overwhelmed, for whatever reason, if you or someone you know is in distress, you can use any of the resources below:

- **Psychosocial Help Line: Info-social 811**
- **Suicide Prevention Hotline: 1-866-APPELLE (277-3553)**
- **Essential services directory: <http://ressortgim.ca/covid-19/>**
- **Mental Health resource Guide for the Gaspé Coast and the Magdalen Islands : https://casa-gaspe.com/wp-content/uploads/2019/10/Mental-health-Guide_May9.pdf**
- **Youth Protection: 1-866-463-0629**
- **S.O.S Conjugal Violence: 1-800-363-9010**

Resources	
<p>To deal with anxiety better:</p> <ul style="list-style-type: none"> • https://www.inspq.qc.ca/mieux-vivre • https://ecolebranchee.com/ • https://carrefour-education.qc.ca/ 	<p>For a healthy lifestyle:</p> <ul style="list-style-type: none"> • https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19?lang=fr-CA • https://www.defisante.ca/ • https://move50plus.ca/ • https://www.quebec.ca/sante/problemes-de-sante/az/coronavirus-2019/aller-mieux-en-contexte-de-pandemie-covid-19/
<p>To manage family time better:</p> <ul style="list-style-type: none"> • https://www.ecoleouverte.ca/fr/? • http://www.alloprof.qc.ca/ • https://www.teteamodeler.com/ • https://www.viedeparents.ca/ • https://naitreetgrandir.com/fr/ • https://vifamagazine.ca/ • http://www.elaborer.org/covid_enfant.pdf 	<p>Other sources of information:</p> <ul style="list-style-type: none"> • http://lepharmachien.com/covid-19-aplatir-la-courbe/ • https://www.cyberaide.ca/app/fr/ • https://jeunessejecoute.ca/ • https://www.ligneparents.com/LigneParents • https://www.teljeunes.com/Accueil • https://ampq.org/info-maladie/covid-19/ • http://www.espacesansviolence.org/gaspesielesiles

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