



Helping Others Cope During COVID-19

If you or someone you care about is in crisis, please call 911 immediately.

Here are some tips for helping others cope during COVID-19:

You can support your friends, family and co-workers who may be experiencing significant stress and feelings of fear, worry, anxiety, anger, or sadness by simply listening and empathizing with what they're going through.

How you respond is vital to maintaining and strengthening your relationship with them – whether they're a friend, family member or a work colleague.

COVID-19 has brought us all challenges, many of which we've never experienced before. Please understand:

Just listening and talking can help alleviate immediate anxiety and stress.

On the other side of this insert, there is a list of resources from www.sharedhealthmb.ca that can provide information and support to you and your family, friends and colleagues.

Our thanks to Shared Health for allowing us to bring these resources to you.

- **Remain calm.**
- **Acknowledge their emotion** (“I can see that you are worried”).
- **Acknowledge the situation** (“This must be very hard for you”).
- **Convey compassion and empathy** through nonverbal communication, your tone and your words (“I am sorry that you have not been able to visit your friends and family at the present time”).
- **Ask or problem solve** around what would be helpful (“You cannot visit right now, but can you ask your family member to call you instead?”).
- **Listen.** The power of listening cannot be overestimated.

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Local Support Resources

Mobile Crisis Line

204-940-1781

Klinik Crisis Line

204-786-8686 or toll-free 1-877-435-7170

Mood Disorders Association of Manitoba

www.mooddordersmanitoba.ca

Canadian Mental Health Association of Manitoba and Winnipeg

204-982-6100

www.mbwpg.cmha.ca

Mental Health Education Resource Centre

204-942-6568 or toll-free 1-855-942-6568

www.mherc.mb.ca

Anxiety Disorder Association of Manitoba

204-925-0600 or toll-free 1-800-805-8885

www.adam.mb.ca

First Nations and Inuit Hope for Wellness Help Line

1-855-242-3310

Online Resources

CALM (app available in Google Play Store or Apple Store)

CBT-I Coach (app available in Google Play Store or Apple Store)

Mindfulness Coach (app available in Google Play Store or Apple Store)

Mindshift (app available in Google Play Store or Apple Store)

www.calminthestormapp.com

www.stopbreathethink.com

www.smilingmind.com.au

Source: www.sharedhealthmb.ca

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