COVID-19
WELLNESS KIT
Tools and Resources to Support your Mental Health during the Pandemic
# TABLE OF CONTENTS

## Part 1: COVID-19 and How to Protect Yourself

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>About Coronavirus Disease (COVID-19)</td>
<td>3</td>
</tr>
<tr>
<td>Reduce the Spread of COVID-19: Wash Your Hands</td>
<td>4</td>
</tr>
<tr>
<td>Social Distancing</td>
<td>5</td>
</tr>
<tr>
<td>Additional Resources</td>
<td>6</td>
</tr>
</tbody>
</table>

## Part 2: Coping with Anxiety and Other Mental Health Concerns during the Pandemic

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coping with Stress during the 2019-nCov Outbreak</td>
<td>8</td>
</tr>
<tr>
<td>COVID-19 Harm Reduction Tips</td>
<td>9</td>
</tr>
<tr>
<td>Coping Skills (Anxiety) Worksheet</td>
<td>10</td>
</tr>
<tr>
<td>Positive Psychology Prompt cards</td>
<td>12</td>
</tr>
<tr>
<td>Additional Resources</td>
<td>15</td>
</tr>
</tbody>
</table>

## Part 3: Coping with Social Distancing and Isolation

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>How to Stay Connected During Social Distancing</td>
<td>17</td>
</tr>
<tr>
<td>Additional Resources</td>
<td>18</td>
</tr>
</tbody>
</table>

## Part 4: Socializing – But from a Distance

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Options for Virtual Hangouts</td>
<td>21</td>
</tr>
</tbody>
</table>

## Part 5: Local Supports

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Information for Supports in your Community</td>
<td>23</td>
</tr>
</tbody>
</table>

This collection of resources comes from a variety of national and international organizations. The views expressed are those of the original authors.
Part 1: COVID-19 and How to Protect Yourself
ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.

HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

PREVENTION

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 seconds
- avoid touching your eyes, nose or mouth, especially with unwashed hands
- avoid close contact with people who are sick
- when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs
  - immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.
- stay home if you are sick to avoid spreading illness to others

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance
- call ahead before you visit a healthcare professional or call your local public health authority
  - tell them your symptoms and follow their instructions
- if you need immediate medical attention, call 911 and tell them your symptoms.

FOR MORE INFORMATION ON CORONAVIRUS:
WASH YOUR HANDS.

1. Wet hands with warm water
2. Apply soap
3. For at least 20 seconds, make sure to wash:
   - palm and back of each hand
   - between fingers
4. Rinse well
5. Dry hands well with paper towel
6. Turn off tap using paper towel

Canada.ca/coronavirus
SOCIAL DISTANCING

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

What does Social Distancing mean?

This means making changes in your everyday routines in order to minimize close contact with others, including:

- avoiding crowded places and non-essential gatherings
- avoiding common greetings, such as handshakes
- limiting contact with people at higher risk (e.g. older adults and those in poor health)
- keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible

Here’s how you can practice social distancing:

- greet with a wave instead of a handshake, a kiss or a hug
- stay home as much as possible, including for meals and entertainment
- shop or take public transportation during off-peak hours
- conduct virtual meetings
- host virtual playdates for your kids
- use technology to keep in touch with friends and family
- If possible,
  - use food delivery services or online shopping
  - exercise at home or outside
  - work from home

Remember to:

- wash your hands often for at least 20 seconds and avoid touching your face
- cough or sneeze into the bend of your arm
- avoid touching surfaces people touch often

If you’re concerned you may have COVID-19:

- separate yourself from others as soon as you have symptoms
- if you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- call ahead to a health care provider if you are ill and seeking medical attention

FOR MORE INFORMATION:

@ canada.ca/coronavirus 1-833-784-4397
Looking for more information about COVID-19?

Use reliable sources of information, such as:

Public Health Agency of Canada

Health Canada
(https://www.canada.ca/en/health-canada.html)
Part 2: Coping with Anxiety and Other Mental Health Concerns during the Pandemic
Coping with stress during the 2019-nCoV outbreak

It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

Don’t use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life’s adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.
COVID-19 Harm Reduction Tips

Clean your hands
Clean hands frequently with soap and water for at least 15 seconds or use alcohol-based hand sanitizer. Do this right before you prep your drugs and after any contact with others, using the TTC, handling cash, and getting your drugs. Dry your hands well with paper towel or a clean cloth towel.

Don’t share gear
Sharing stems, meth pipes, straws, and injecting supplies (including ties, swabs, filters) all increase the risk of spreading the virus and other germs. Avoid sharing cigarettes, bongs, joints and vapes too.

Prep your own drugs
Try not to let others handle your drugs or drug-use supplies and don’t let them handle yours. Before you prep, wash your hands and use alcohol swabs or a household cleaning product to clean the surface you are using. If you have to have someone else prep your drugs, make sure they wash their hands or use alcohol based hand sanitizer.

Get extra harm reduction supplies and naloxone
Next time you are at a harm reduction agency, ask for extra supplies. Stocking up for 2-4 weeks will help to limit your contact with others.

Avoid putting drug baggies/wraps in your mouth, anus or vagina
If you have to carry drugs inside your body, clean the bag-wrap thoroughly with alcohol-based sanitizer, alcohol swabs or isopropyl alcohol solution prior to inserting and after you take it out. Use an alcohol-based mouthwash to clean your mouth if that's how you carry. If your dealer carries in their mouth, ask them to consider a different method.

Work with your Methadone/Suboxone/OAT Prescriber
If you are on opioid agonist treatment or prescribed opioids for safer supply reasons, ask your healthcare provider to extend your prescription and reduce the frequency of your in-person appointments. Ask them for telephone or video-chat appointments, carries or to help you get doses delivered to you if possible.

Prepare for unplanned withdrawal
Have a back-up plan in case your dealer gets sick. Ask your healthcare provider to help with getting on OAT or getting the medications you might need for opioid withdrawal. Benzodiazepine and alcohol withdrawal can be very dangerous— team up with someone you trust who will be able to get you medical care if you go into withdrawal.

Respond to overdose
Any time you have to give naloxone or respond to a medical emergency, use the gloves provided in your naloxone kit. Always safely dispose of used kits contents directly into the trash after use and clean your hands.

If you ever have difficulty breathing or experience other severe symptoms, call 911.

416.338.7600

Adapted from a resource by INPUD by Toronto Public Health.
Coping Skills
Anxiety

Deep Breathing
Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

Progressive Muscle Relaxation
By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension.

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- **Feet** Curl your toes tightly into your feet, then release them.
- **Calves** Point or flex your feet, then let them relax.
- **Thighs** Squeeze your thighs together tightly, then let them relax.
- **Torso** Suck in your abdomen, then release the tension and let it fall.
- **Back** Squeeze your shoulder blades together, then release them.
- **Shoulders** Lift and squeeze your shoulders toward your ears, then let them drop.
- **Arms** Make fists and squeeze them toward your shoulders, then let them drop.
- **Hands** Make a fist by curling your fingers into your palm, then relax your fingers.
- **Face** Scrunch your facial features to the center of your face, then relax.
- **Full Body** Squeeze all muscles together, then release all tension.
Coping Skills

Anxiety

Challenging Irrational Thoughts

Anxiety can be magnified by irrational thoughts. For example, the thoughts that “something bad will happen” or “I will make a mistake” might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

**Put thoughts on trial.** Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (*verifiable facts only*), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

**Use Socratic questioning.** Question the thoughts that contribute to your anxiety. Ask yourself:

- “Is my thought based on facts or feelings?”
- “How would my best friend see this situation?”
- “How likely is it that my fear will come true?”
  - “What’s *most likely* to happen?”
  - “If my fear comes true, will it still matter in a week? A month? A year?”

Imagery

Your thoughts have the power to change how you feel. If you think of something sad, it’s likely you’ll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don’t just think fleetingly about this place--really imagine it.

- What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.
- What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.
- Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.
- What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.
- What scents are present? Are they strong or faint? What does the air smell like? Take some time to appreciate the scents.
Positive Psychology Prompt Cards

How has another person shown that they care about you, within the past week?

Share the story of something exciting that happened this past week.

Describe something fun you did today.

What was something nice you said in the past week?

Describe something that made you laugh in the past week.

Describe something you were thankful for today.

Describe a challenge you overcame in the past week.

Describe something that made you happy today.
Positive Psychology Prompt Cards

- Describe something good that happened to you today.
- Describe a personal strength you used today.
- Describe something good you did for another person in the past week.
- What was a nice thing someone said to you in the past week?
- Describe a time when you were happy for someone else in the past week.
- Describe something beautiful or interesting you saw in the past week.
- Describe a moment when you felt calm, content, or relaxed today.
- Describe a nice moment spent with family or friends in the past week.
Positive Psychology Prompt Cards

- Describe something kind you saw another person do in the past week.
- Describe something that made this past week special.
- Describe something you did today that you can be proud of.
- Share the story of something interesting that happened today.
- Describe the best part of your day.
- Describe how you made someone else’s day better.
- How have you shown someone that you care about them, within the past week?
- Explain how someone has helped you in the past week.
Looking for more resources? Check these out:

Websites:

COVID-19 and Anxiety

How Teenagers Can Protect Their Mental Health during Coronavirus (COVID-19)

Living with Worry and Anxiety Amidst Global Uncertainty

Trans Lifeline – Trans Community and COVID-19
https://www.translifeline.org/blog/post/trans-community-and-covid

BeThere.org
Have a friend who is struggling with their mental health and aren’t sure how to help? Check out bethere.org.

By Phone:

First Nations and Inuit Hope for Wellness Help Line: -1-855-242-3310

Native Youth Crisis Hotline: 1-877-209-1266

Crisis Services Canada: 1-833-456-4566 or text 45645
Quebec residents: 1-866-277-3553

Kids Help Phone: 1-800-668-6868 or text CONNECT to 686868
Part 3: Coping with Social Distancing and Isolation
HOW TO STAY CONNECTED DURING SOCIAL DISTANCING.

COVID-19: Preventing Loneliness During Intentional Isolation

CONNECT VIRTUALLY
Making sure you stay connected with colleagues, family, and friends can ease feelings of loneliness. Social media, video chat platforms, and telephone calls can all be used to keep in-touch with others during social distancing.

MAINTAIN A WELL-BALANCED LIFESTYLE
Eating healthy, exercising, meditating, and maintaining a daily routine can all help reduce stress levels and help one cope with social isolation.

HELP A NEIGHBOR
Running an errand for a neighbor not only helps them, but will also make you feel more connected to your community. Make sure to take extra precautions when coming into contact with others.

STAY POSITIVE
Focusing on the altruistic reasons for social distancing can help mitigate anxiety or stress. By social distancing yourself, you are preventing others from getting sick and stopping the spread of COVID-19 to vulnerable individuals.
Looking for more information, ways to promote wellness, or just keep busy? Check out the resources below:

**Looking After your Mental Health While Self-Isolating** (Article)
https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

**UBCGeeringUp** (Has a bunch of virtual camps and courses, games, podcasts, and more)
https://geeringup.apsc.ubc.ca/online-resources-for-kids-during-covid-19/

**MindYourMind** (Has resources co-developed with youth to promote health, wellness, and engagement)
https://mindyourmind.ca/

**National Park Service Webcams** (A perfect distraction: live-streamed videos of cute wild animals!)
https://www.nps.gov/katm/learn/photosmultimedia/webcams.htm
Apps

**Nike Training Club (NTC)** — Fitness app that temporarily has all features unlocked — no need for a subscription

**Headspace** — Want to learn mindfulness meditation for stress, anxiety, sleep, and more? Download this app!

**The Fabulous** — A science-based app that helps you build healthy routines

**Smiling Mind** — Free meditation app for all ages.
Part 4: Socializing - But from a Distance
Options for Virtual Hangouts

Can’t go out to see your friends? Why not have a virtual hangout through group chat? Facebook Messenger, Google Hangouts, and the HouseParty app are just some of the platforms you can use to connect with friends for video calls. Try to connect with friends often!

Gaming is another way you can hangout with your friends from a distance. If you're not a huge gamer, that's ok - apps like Facebook Messenger and SnapChat have free games you can play with your friends. There are also a variety of multiplayer games available on the app store.
Part 5: Local Supports
Contact Information for Local Supports

Cornwall
The Eastern Champlain Youth Wellness Hub (Cornwall Site) will be offering free, phone counselling, from 9 am - 4 pm on Tuesday, Wednesday and Thursday. Call this number to connect: 613-935-3485 and stay up to date by following @cornwallyouthhub on Instagram. Community support and resources (City of Cornwall): 613-933-6282 ext: 3129

Rockland
The Eastern Champlain Youth Wellness Hub (Rockland Site) will be offering free, phone counselling, from 10 am - 4 pm on Monday and Thursday. Call this number to connect: 613-446-4599 and stay up to date by following @rocklandyouthhub on Instagram. Community support and resources (City of Clarence-Rockland): 613-446-6022
Kids Help Phone

Canadian Mental Health Association

Centre for Addiction and Mental Health (CAMH)

Eastern Ontario Health Unit

Youth Wellness Hubs Ontario (Cornwall)

Youth Wellness Hubs Ontario (Rockland)