

This can be an isolating, overwhelming and an uncertain time for Manitobans. It is important to take care of your mental health and well-being! This factsheet provides some tips and resources to take care of yourself during this difficult time.

PLEASE NOTE: Information related to COVID-19 is changing daily, it is important for readers to confirm accuracy of this information.

### Feelings of Fear, Stress and Worry Are Normal in a Crisis

The COVID-19 pandemic is new and unexpected. This situation can be unsettling. It can cause a sense of loss of control and can create anxiety. It is normal for people and communities to feel sad, stressed, confused, scared or worried. People may react in different ways. Some common feelings may include:

- Fear of becoming ill or infected with COVID-19, or infecting others
- A sense of being socially excluded or judged by others
- Fear of being separated from loved ones due to isolation or physical distancing
- Feelings of helplessness, boredom, loneliness and depression as a result of isolation or physical distancing
- Fear of losing your job or not being able to work and struggling financially
- Concern about your children's education and well-being

Source: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/taking-care-mental-health.html>

### Take Care of your Mental Health and Well-being

It is important to take care of your mental health and well-being during this difficult time! Here are some tips to help you deal with the COVID-19 pandemic:

- Get information from reliable sources, such as [Government of Canada updates](#) and the [Province of Manitoba updates](#).
- Stay informed but follow news coverage about COVID-19 in moderation. Take breaks from watching, reading, or listening to news stories. Reduce the time you look for information (1-2 times a day rather than every hour). It can be upsetting to hear about the crisis and see images repeatedly.
- Reduce time listening to rumours
- Take care of your body. Take deep breaths, stretch, meditate or practice mindfulness. Try to eat healthy, well-balanced meals, exercise regularly, and get plenty of sleep.
- Make time to step back and consider how to take advantage of unexpected flexibility in your daily routine.

- Read books or magazines
- Stay connected. Talk to friends or family about your feelings and concerns over the phone or through video conferencing (like FaceTime or Zoom).
- Maintain healthy relationships and respect other people's feelings and decisions.
- Show support and empathy to those dealing with difficult situations.
- Identify what is within your control and try to direct your energy towards what most worries you within your own control.

Sources: <https://www.canada.ca/en/government/publicservice/covid-19/covid-19-mental-health-work.html>; <https://sharedhealthmb.ca/files/briefing-note-covid-and-mental-health.pdf>

Here are some other resources about mental health:

- Addressing mental health and psychosocial aspects of COVID-19: The Inter-Agency Standing Committee (IASC) Reference group for Mental Health and Psychosocial Support in Emergency Settings put together a briefing note on addressing mental health and psychosocial aspects of COVID-19 outbreak: <https://sharedhealthmb.ca/files/briefing-note-covid-and-mental-health.pdf>
- Winnipeg Public Library Mental Health Resources: The Library provides free online resources about mental health and COVID-19: <https://guides.wpl.winnipeg.ca/mentalhealth/covid19>

## Mental Health and Well-being Services

It is normal and understandable to feel anxious, depressed, or scared right now. YOU ARE NOT ALONE! Many organizations are available by phone and online to help cope with the mental and emotional stress caused by COVID-19, and take care of your well-being.

- AbilitiCBT: This is a new digital therapy program that will help with anxiety symptoms related to the COVID-19 pandemic. It be free for Manitoba's over the age of 16. Registration has not opened yet but you can sign-up via email to be notified when it is: <https://www.gov.mb.ca/covid19/bewell/index.html>
- Anxiety Disorders Association of Manitoba (ADAM): has established an anxiety support phone line for anyone seeking support during this challenging time at 204-925-0040. The line will be checked regularly between the hours of 9:00 a.m. and 9:00 p.m., Monday through Friday, and 10:00 a.m. to 4:00 p.m. on weekends. People are asked to leave their name, phone number or email address and an ADAM representative will get in touch with them within a short period of time. Relevant information can also be found on their website at [www.adam.mb.ca](http://www.adam.mb.ca).
- Aulneau Renewal Centre: is offering well-ness checks FREE of charge. This is not counseling but it does provide a contact for people to find ways to address the anxiety that they are feeling: <https://aulneau.com/covid-19-update/>

- Klinic Community Health: has a 24-hour crisis phone line for mental health emergencies and also offers personal counselling services by phone or in person (by appointment only). Klinic also offers support to farm, rural, and northern Manitoba communities through phone and online counseling.
  - Crisis Line: 204-786-8686 (Winnipeg) 1-888-322-3019 (outside Winnipeg)
  - To book over the phone counseling appointments: 204-784-4090
  - Visit: <http://klinik.mb.ca/> for more information on additional supports.
  
- The Canadian Mental Health Association: has temporarily discontinued in person service, but posted helpful links for managing stress, finding health related information, and crisis phone lines. Visit: <https://mbwpg.cmha.ca/news/cmha-manitoba-and-winnipegs-adapted-service-delivery-due-to-covid-19/>
  
- Kids Help Phone: If your children need someone to talk to they can call Kids Help Phone which is a 24/7 national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.
  - Call 1-800-668-6868; Text CONNECT to 686868; or live chat - <https://kidshelpphone.ca/live-chat/>
  
- Manitoba Suicide Prevention & Support Line (24/7): Call 204-784-4097 or 1-877-435-7170 if you are going through a crisis and need to talk to someone.
  
- Sara Riel Inc. / Seneca Services Peer Support Warm-Line: This is a 24-phone line for persons struggling with mental health and addictions issues. The Peer Support staff, who all have declared a personal lived experience of mental health, are there to call so that people can talk, be acknowledged and heard, and learn about self-care tools and resources that might be helpful. They welcome calls from anyone – not only people experiencing mental health and addiction challenges, but also those experiencing uncommon feelings of anxiety, depression, loneliness or fear, as a result of the current situation we all face. Call 204-947-9276 or 204-231-0217.
  
- Services for Older Adults: A&O: Support Service for Older Adults provide a variety of support services for older adults in Manitoba. Visit their [web site](#) or call 204-956-6440 (Winnipeg) or call toll-free: 1-888-333-3121
  - For a friendly complimentary phone check-in service, call 204-515-1147 and enter the following number when prompted: 731967548
  - Senior Centre Without Walls (SCWW) program provides educational and recreational programming in a fun and interactive atmosphere. All programming is provided over the phone.
  - Senior Immigrant Settlement Services are hosting a Daily Hello check-ins with their clients.

## Faith-Based Supports

Due to the Manitoba's State of Emergency, public gatherings of 10 or more people are no longer allowed in the Province, this includes places of worship. This can be difficult on your spiritual health, however many places of worship and faith based groups are finding other ways to support their communities. Below are just some of the responses from faith-based organizations and places of worship. You should contact your place of worship directly by phone or website for specific updates and the supports they are able to provide.

### Islamic Services and Supports:

- [Manitoba Islamic Association](#): They are providing counselling, financial assistance and emergency food relief, general assistance with daily tasks, spiritual support and a [virtual programming](#). Call 204-256-1347, [email](#), or check out their website for more information. They have also put together a document on [Emotional and Spiritual Wellness During COVID-19](#)
- [Islamic Social Services Association \(ISSA\)](#): They have a variety of programs for youth & families, including counselling, from an Islamic perspective. Their phone number is: 204-944-1560
- [Canadian Muslim Women's Institute](#): They are providing interpretation and translation services over the phone. They are running a Food Bank for registered clients from Winnipeg Harvest, and their Halal Food Pantry is open by appointment. Call their office at (204) 943-8539 dial (0) for the front desk.

### Jewish Services and Supports:

- [Jewish Child and Family Service - Settlement Services](#): They provide orientation, integration and employment services. Staff are currently providing services remotely so new clients can call their main agency line (204) 477-7430 or contact them by email [jcfs@jcfswinnipeg.org](mailto:jcfs@jcfswinnipeg.org).
- [Jewish Federation of Winnipeg](#): They have a list of Jewish community cancellations on their [website](#).

### Sikh Services and Supports:

- [Winnipeg South Sikh Centre](#): The Gurudwara sahib will remain closed till further notice. If someone needs help with food, groceries, medicine, please contact [Winnipeg South Sikh Centre](#), [Southend Medical Center](#), [Keewatin Medical Center](#), or call (204) 898-2797.

- [Sikh Society of Manitoba Inc:](https://sikhsocietyofmanitoba.com/covid) To those in need that are affected by the current state of the outbreak and its resulting hit on the economy, the Sikh Society of Manitoba is offering assistance. They have a form on their website to fill out with the assistance you need: <https://sikhsocietyofmanitoba.com/covid>

#### Buddhist Services and Supports:

- [Kadampa Meditation Centre Winnipeg:](#) They are no longer offering in person classes, but are offering live-streamed guided meditations and other classes.
- [Manitoba Buddhist Temple:](#) Their services at the temple are closed, however, they are providing videos on their [Facebook Page](#).
- [Mahamevnāwa Buddhist Monastery Winnipeg:](#) The Monastery is closed, however they are providing info on their Facebook Pages: [Mahamevnāwa Buddhist Monastery Winnipeg](#) (Sinhala) and [Buddha Mediation Centre Winnipeg](#) (English).

#### Catholic Services and Supports:

- [Archdiocese of Winnipeg:](#) They have a resource section of their website dedicated to COVID-19 and links to [live-streamed of masses](#).
- [Archdiocese of Saint-Boniface:](#) They have a prayers and faith resources section on their [website](#) dedicated to COVID-19. They also have links to live-streamed and televised masses.

#### Christian Services and Supports:

- [Calvary Temple Church:](#) They are providing live stream service on Sundays, and virtual bible study and youth programs. Their online services can be found [here](#).
- [International Worship Centre:](#) They are live streaming English and Tagalog services on their [Facebook page](#).
- [Church of the Living Hope:](#) They are live streaming their services on [Facebook](#).
- [Every Nation Church:](#) They are live streaming their services on their [Facebook page](#).

#### Mennonite Services and Supports:

- [Mennonite Church Manitoba:](#) They have a webpage to Mennonite churches worship resources, such as videos and live streaming services.