



## MENTAL HEALTH CHECK-IN:

Feeling **overwhelmed**, **confused**, and **anxious** is an understandable way to feel right now - especially when we may not be able to be close to our greatest supports or things that provide meaning to our day. We may be worried about our finances, our loved one and even ourselves falling ill – **THIS IS NORMAL**.

### Need support?

NB CHIMO helpline: 1-800-667-5005

Canada Suicide Prevention Service: 1-833-456-4566

Hope for Wellness Indigenous Helpline and online chat: 1-855-242-3310

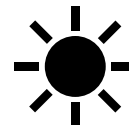
Kids Help Phone (toll-free, 24/7): 1-800-668-6868 or TEXT "talk" to **686868**

GNB Info on Mental Health & Coping: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus); scroll down to find "Mental Health & Coping"

**REMEMBER** staying **connected**, keeping **busy** and maintaining a **routine** are the best ways to maintain your mental health. Follow the **Harvey Community Days on Facebook** for **#MentalWellnessMondays** for tips and tools to stay well.

## We are all in this together.

## Keeping our bodies and immune systems strong is important too!



- **STAY ACTIVE:** Aim for **30-60 minutes** of physical activity per Canadian Physical Activity Guidelines
- **EAT WELL:** While our access to the grocery store may be limited, try your best to follow Canada's Food Guide
- **STAY HYDRATED:** drink lots of water, even if you're not thirsty
- **GET OUTSIDE:** fresh air and sunshine can be a great mood booster and way to stay active

**REMEMBER** social distancing is still required outdoors.

## HOW HCD IS HELPING:

### ○ Volunteer Grocery Delivery Service

See attached information on our new partnership with the Independent Grocer in McAdam.

### ○ Community Spirit Challenge

Follow our Facebook & the HES email – if you'd like to share your pictures on our social media, send them to us on Facebook!

### ○ April Activity Challenge

A social distancing spin on an old favourite! Re-download your ParticipACTION app and see the attached information on this year's activity challenge. **Let's STAY active Harvey!**

### ○ Community Helpers Program

Not sure where to go for help? See our list of community helpers attached. You will also find a red and a green sheet of paper. Doing okay? Place the green paper in window. Need a check-in? Place the red paper in your window.

### ○ Lakeland Foodbank

If you require foodbank service, we kindly ask that you call Lakeland the day before pick up, (506)-784 - 2251. Hours of operation are: **Tuesdays and Thursdays, 10am-12pm.**

If you would like to make a donation, electronic money transfers can be sent to [mcadamfoodbank@nb.aibn.com](mailto:mcadamfoodbank@nb.aibn.com)