COVID-19 Health and Safety Moment
LET’S TALK MENTAL HEALTH

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Overview

Thursday, Jan. 28, will mark the 11th Annual Bell Let’s Talk Day in Canada. This initiative, started by the company Bell Canada, highlights the importance of taking time to talk about mental health in workplaces, schools, and other social settings.

This year, it’s more important than ever to make mental health a priority. During the COVID-19 pandemic, many mental health issues have been exacerbated by financial stress, social isolation, and fears about the future. Let’s Talk Day 2021 encourages Canadians to take action to improve mental health in yourself and others - no matter how small.

Ways to manage your mental health

Seek counseling – you may feel more relieved sharing your feelings with a third person.

Ask for help – Seek professional advice or reach out to family and friends for help.

Manage your time – set your priorities. It is ok to say no to tasks to which you do not wish to commit.

Eat healthy – introduce fresh food in your diet. When you eat well, you stay well.

Keep active – maintain a healthy body. Get the blood flowing and release tension by doing exercises.

Pursue hobbies – pursue interests outside your career. Set time aside for hobbies. They will help relieve stress.

Here are five simple things you can do every day:

- Pay attention to the words you use
- Educate yourself about the facts and myths surrounding mental illness
- Be kind. Even saying hi or small acts of kindness can make a difference
- Learn to listen. Sometimes that is all someone needs
- Talk about it. Not about individuals, but mental health in general. Starting a dialogue can make mental health part of normal conversation

If you or someone you know is in crisis or needs immediate assistance, get to your nearest hospital or call 911. If you or someone you know is having trouble coping or is in need of help, you can talk to your family physician, access EAP (Employee Assistance Program) at work or contact bridgethegapp.ca

Contact us

Human Resources
Wellness Consultant, Kathleen Wall
Email: kwall@mun.ca
www.mun.ca

Environmental Health and Safety
Office of the Chief Risk Officer
Email: health.safety@mun.ca
www.mun.ca