

ENGLISH

TALKING ABOUT COVID-19 AND MENTAL HEALTH





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HI MY NAME IS
TAKU I'M HERE
TO TALK TO YOU
ABOUT MENTAL
HEALTH



MAD

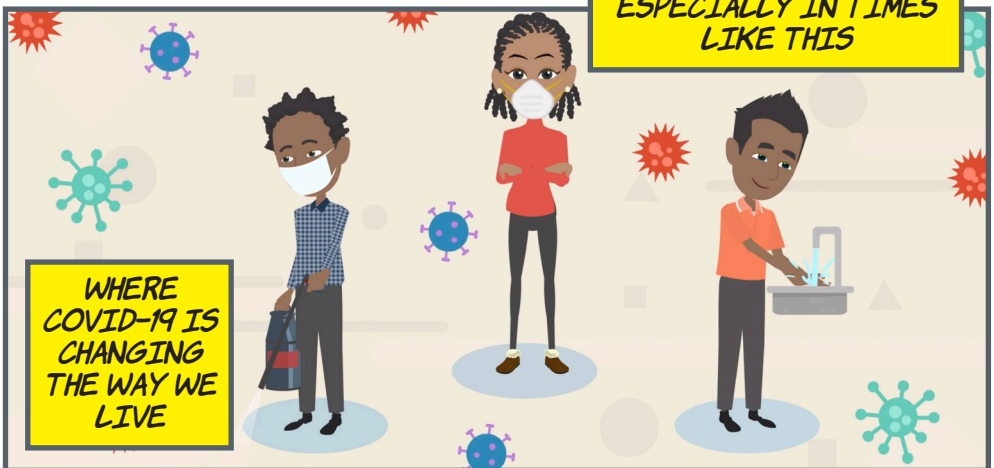
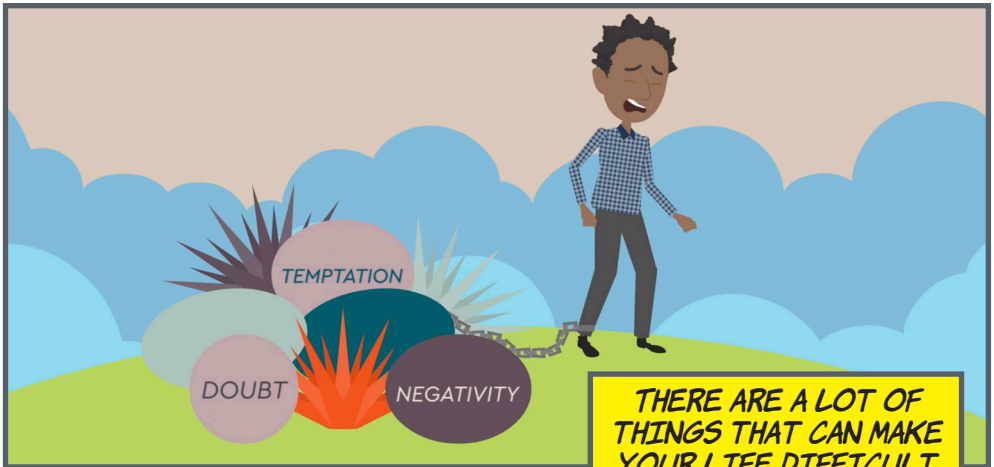
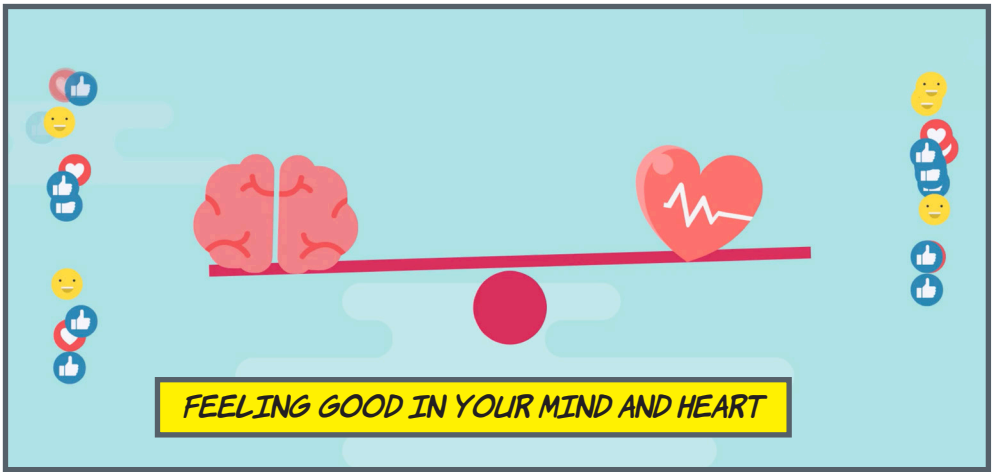
CRAZY



SOME PEOPLE THINK THIS
MEANS MAD OR CRAZY PEOPLE
BUT IT DOESN'T



IT MEANS STAYING HEALTHY





Anxiety

**DURING HARD TIMES
YOU MIGHT FEEL
ANXIETY, WHICH
IS WHEN SOMEONE
WORRIES A LOT**



Depressed

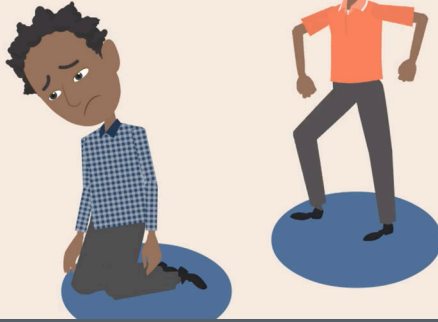
**YOU MIGHT FEEL DEPRESSED,
WHICH IS WHEN A PERSON FEELS
VERY SAD AND HOPELESS**



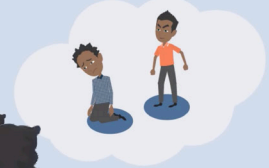
**WHEN DEPRESSION IS
SEVERE IT CAN LEAD TO
THOUGHTS OF SUICIDE**



**IF YOU EXPERIENCE
THREATS OR VIOLENCE**



**IT CAN CAUSE FEAR
AND WORRY THAT THE
THREAT MIGHT HAPPEN
TO YOU AGAIN**

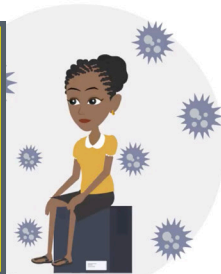




COVID-19



**YOU MIGHT WORRY
THAT COVID-19 IS
A THREAT TO YOUR
LIFE OR TO SOMEONE
YOU LOVE WHICH CAN
RESULT IN THESE
FEELINGS**



Poor
Concentration

Irritable And
Angry

Depression

Anxiety

Worry

Fear



**DEPRESSION, ANXIETY, FEAR, AND WORRY CAN MEAN YOU DON'T
ENJOY LIFE, OR THAT YOU HAVE A POOR CONCENTRATION, OR FEEL
IRRITABLE AND ANGRY**



Poor Sleep



Fast
breathing



Pounding
Heart



Poor
Appetite



Headaches



**THESE PROBLEMS
CAN ALSO CAUSE
YOU TO FEEL
PHYSICALLY UNWELL,
INCLUDING HAVING
FAST BREATHING, A
POUNDING HEART,
POOR SLEEP, POOR
APPETITE AND
HEADACHES**

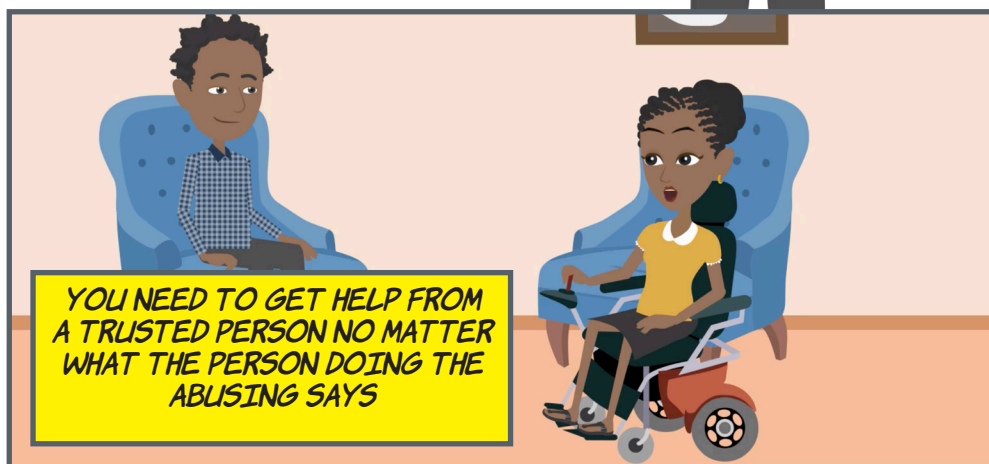


IN STRESSFUL
SITUATIONS, VIOLENCE
OR ABUSE MAY
INCREASE IN HOMES AND
IN FAMILIES

**NOT
OK**



ABUSE OF ANY KIND IS NOT OK



**YOU NEED TO GET HELP FROM
A TRUSTED PERSON NO MATTER
WHAT THE PERSON DOING THE
ABUSING SAYS**



**ALL THESE
INCREASE WHEN
USING ALCOHOL
OR DRUGS**



VIOLENCE

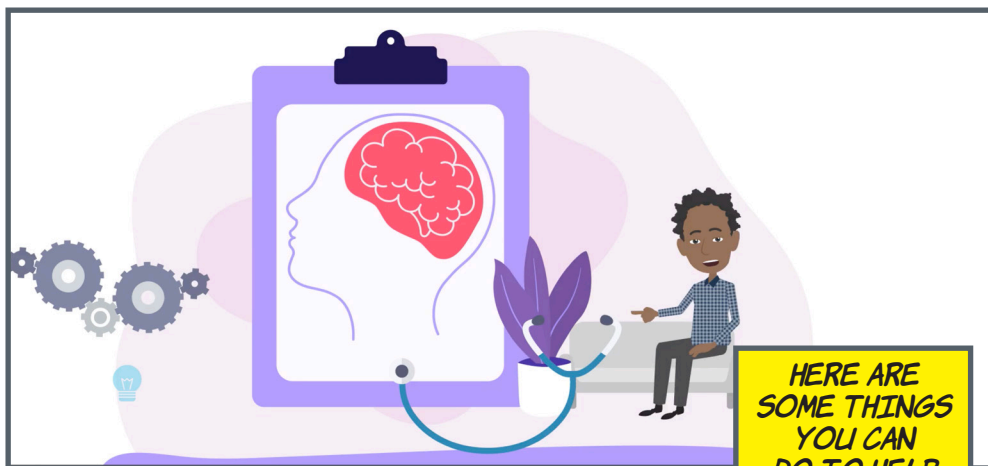
**POOR DECISION-
MAKING**

**RISK-TAKING
BEHAVIOUR**

**TAKE
CARE OF
YOURSELF**



**SO, IT IS VERY
IMPORTANT TO
TAKE CARE OF
YOURSELF AT
TIMES LIKE THIS**



HERE ARE
SOME THINGS
YOU CAN
DO TO HELP
SUPPORT
YOUR MENTAL
HEALTH

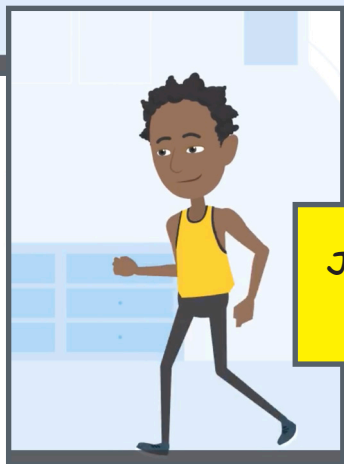
FIND SOMEONE TO TALK TO
ABOUT HOW YOU ARE FEELING



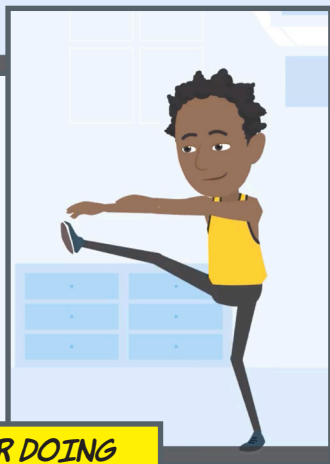
PUTTING YOUR THOUGHTS INTO WORDS AND
HAVING SOMEONE UNDERSTAND CAN REALLY HELP



EXERCISE, EVEN IF YOU CAN'T GO OUT FOR A WALK DO WHAT YOU CAN IN THE HOUSE



**TRY
JOGGING
ON THE
SPOT**

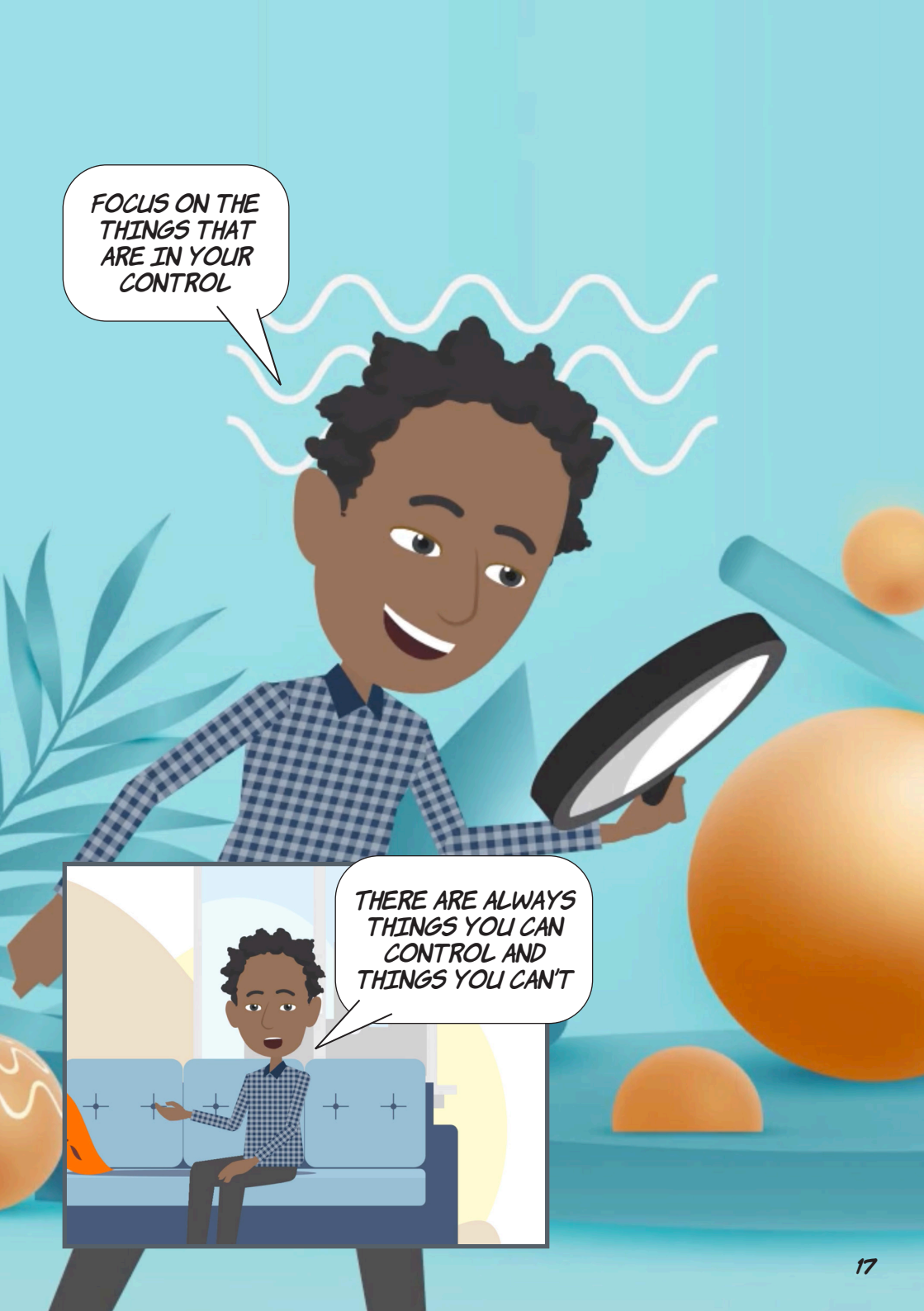


**OR DOING
EXERCISES
LIKE...**



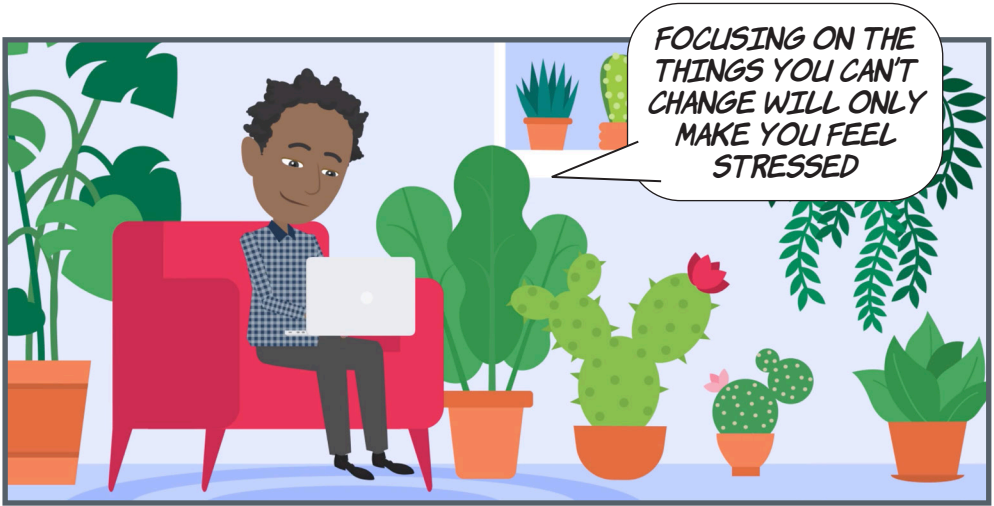
...SQUATS OR SIT-UPS





FOCUS ON THE
THINGS THAT
ARE IN YOUR
CONTROL

THERE ARE ALWAYS
THINGS YOU CAN
CONTROL AND
THINGS YOU CAN'T



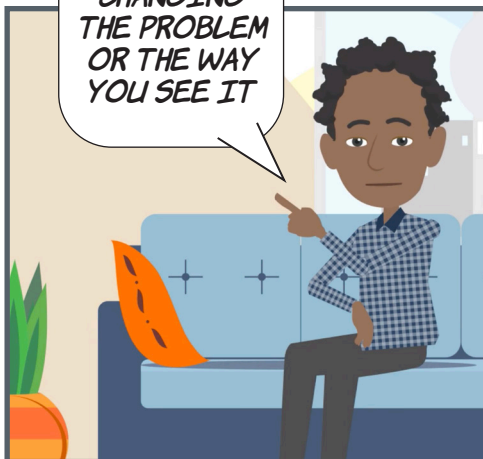


**GIVE YOURSELF
A BREAK FROM
THE WORRY**

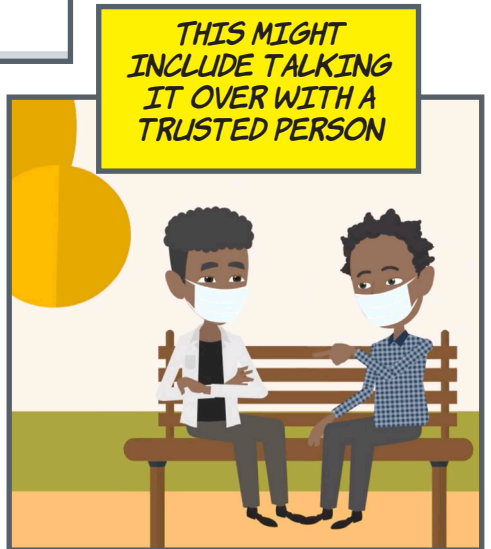


**DO THINGS
THAT TAKE YOUR
MIND OFF YOUR
PROBLEMS EVEN
FOR A LITTLE
WHILE**





**DO THINGS
THAT CREATE
CHANGE**



**WRITING A JOURNAL
TO EXPRESS YOUR
THOUGHTS...**

**...OR
LISTENING
TO MUSIC AND
SINGING CAN
CHANGE HOW
YOU FEEL**



**SINGING TOGETHER WITH OTHERS IN YOUR
HOUSEHOLD CAN ALSO HELP A LOT**



**SPENDING TIME
IN PRAYER**

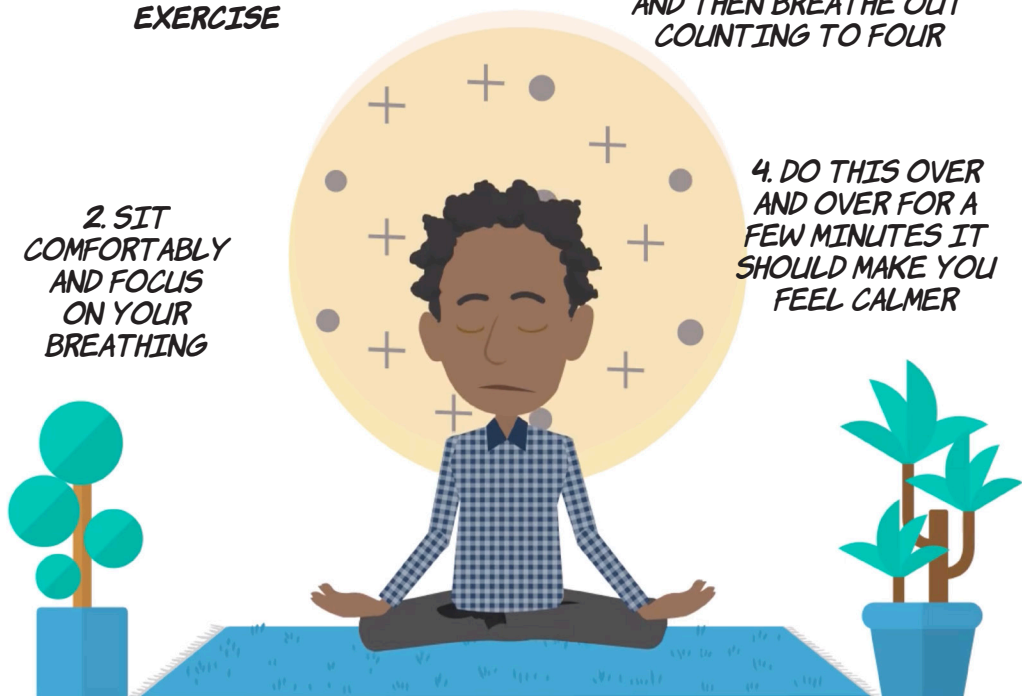


**1. YOU CAN ALSO TRY
TO CALM YOUR BODY
AND MIND THROUGH
A BREATHING
EXERCISE**

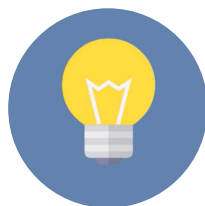
**3. BREATHE IN SLOWLY AND
DEEPLY COUNTING TO
FOUR, HOLD YOUR BREATH
COUNTING TO FOUR
AND THEN BREATHE OUT
COUNTING TO FOUR**

**2. SIT
COMFORTABLY
AND FOCUS
ON YOUR
BREATHING**

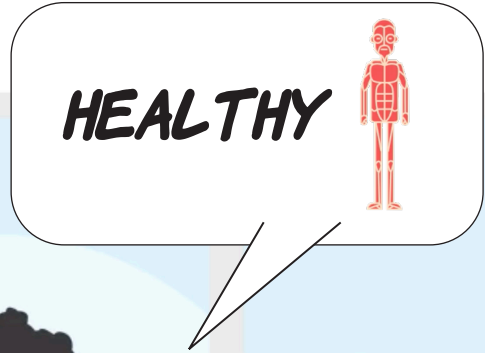
**4. DO THIS OVER
AND OVER FOR A
FEW MINUTES IT
SHOULD MAKE YOU
FEEL CALMER**



**PRACTICE THIS EVERYDAY
EVEN WHEN YOU AREN'T
FEELING VERY STRESSED.
YOU COULD SHARE THESE
IDEAS WITH PEOPLE YOU
LOVE, IT MIGHT HELP THEM
TOO**



**AND REMEMBER IT IS MORE
IMPORTANT NOW MORE THAN
EVER TO TAKE CARE OF
YOUR BODY AND YOUR MIND
TO STAY HEALTHY AND HAPPY**



OPPORTUNITIES
GOALS
Fun
Smile
HOPE
Trust
sing
Hospital
support
supplies
smile
live
Dancing
our own books

PURPOSE
Well-being
Change
Treatment
Peace
Engagement
SUPPORT
CONFIDENCE
SAFETY

Fun
Care
Learning
Education
Trust
Safety
Skill
Dance

Viral
A voice
Pride
Access
Growth
Skills
Safety
Peace

HEARING AIDS
SHINE
PEACE
DREAMS
CARE
EMPOWERMENT

TRAINING
CD4
HIV
LOVE
MEDICINES
SAFETY
DANCE
EDUCATION

SUPPORT
STRENGTH
BELIEF
SKILLS
DENTAL CARE
HAPPINESS
ACCESS TO TREATMENT & CARE



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