

Evacuations and your mental health

It's OK not to be OK. If you've been forced to leave your home, here are some tips to help manage your mental health.



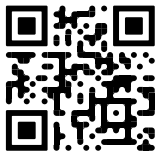
RECOGNIZE normal emotions and reactions:

- grief
- helplessness
- emotional numbness
- confusion, disorientation or lack of focus and concentration
- sadness
- excessive anxiety
- memory problems
- uncertainty
- irritability or anger
- difficulty making decisions

Everyone reacts differently. Children often react to emergencies differently than adults.

REACH OUT for help, if:

Feelings are overwhelming or persist for a long time



Canada.ca/mental-health

Find free, national and local mental health and substance use resources

You are struggling with substance use

Hope for Wellness Helpline

For all Indigenous Peoples
1-855-242-3310

You are experiencing violence



1-800-668-6868
Text CONNECT to 686868

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8 anytime

9-1-1

For immediate danger or urgent medical support

RECOVER:

Allow yourself to grieve

Take it one step at a time

Make time for activities with friends, family and community

Prioritize healthy habits as much as possible

Reach out for support and assistance