



TAKING CARE OF YOUR MENTAL HEALTH DURING THE COVID-19 PANDEMIC



Avoiding Depressants -

Avoid depressants such as alcohol, drugs & tobacco, as well as processed food and sugar. Processed food and sugar both have been shown to worsen anxiety symptoms and impair the body's ability to cope with stress.

NOVA SCOTIA'S MENTAL HEALTH CRISIS LINE

TOLL-FREE @ 1-888-429-8167