

**First Nations Health Authority Interior Region
I tested Positive for COVID -19:
What next for my Mental Health?**



Know that you are not alone. These are normal feelings!

**THE COVID – 19 pandemic has resulted in many changes.
You might feel like you're no longer in control of things.**

Emotions you might feel:

Anger, Shame, Helpless, Embarrassed, Upset, Distraught, Alone, Scared, Anxiety, Overwhelm, Numb, Shock, Fear of engaging with hospital professionals, Trauma Triggers, Isolation, Grief, Loss. **These are normal feelings as you are going through a traumatic experience.**

Remember to be gentle and kind to yourself, and you are not alone. Please reach out for supports.

Physical responses to emotions:

Inability to eat, over-eat, inability to sleep or over sleep, inability to concentrate on work, hypervigilance, desire to use substances or engage in other addictive behaviors

Concerns you might have:

A sense of being socially excluded, judged and stigmatized; Concern about your children's education, well-being and childcare; Worry about losing your job, not being able to work, finances; Fear of being apart from loved ones due to isolation or hospitalization

Social media platforms can deliver negative messaging. Be mindful of the messaging that you engage with, and continue to find trusted resources on COVID-19 through health authorities.

Things you can do to help with emotions and fears:

- Make a safety plan for children, finances, home and work
- Journal your feelings and thoughts
- Call a trusted friend
- Read a good book
- Take a bath
- Smudge
- Go for walk
- Yoga
- Practice focused, deep breathing
- Work out – physical exercise
- Listen to soft music
- Art Therapy
- Ask a friend to bring you traditional medicine

It is important to reach out someone in your support circle like a trusted friend, family member, or someone from your health care team who can connect with you support services. Below are some telephone and online resources you can reach out to.

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service: Toll-Free: 1-855-242-3310
National Indian Residential School Crisis Line: 1-866-925-4419
Provincial Alcohol and Drug Information Referral Service: 1-800-663-1441

FNHA mental health provider: 1-855-550-5454.
IHA Emergency Crisis Line: 1-888-353-2273
Suicide Prevention: 1-800-SUICIDE (784-2433)
KUU-US (Aboriginal) Crisis Line: 1-800-588-8717
Kid's Help Phone: 1-800-668-6868 or text "CONNECT" 686868
Métis Crisis Line: 1-833-MÉTISBC (638-4722)