



Regional Geriatric Program
of Eastern Ontario

TIPS TO MAINTAIN GOOD MENTAL HEALTH through periods of isolation

Take care of yourself by following a few simple steps:

- **Keep** a healthy diet.
- **Engage** with nature when you can, even if just to step outside on the front steps or on the patio for some fresh air!
- **Maintain** a sense of a normal routine.
- **Stay** active to the best of your abilities.
- **Stay** connected to friends and family through telephone, mail, email and video chat such as Skype, FaceTime or Zoom.
- **Try** to only watch, read or listen to the news, once a day.
- **Focus** on what you CAN do and know this too shall pass!

Community support are available to help you

- If you need to talk to someone because you are lonely, a **Friendly Voice Program** has volunteers available to answer your call. Please call them at **613-692-9992**.
- If you are looking for social events available on the phone, the **Seniors Centre without Walls** has a schedule, as well as phone numbers to call each day, no registration required. <https://thegoodcompanions.ca/programs-services/expanded-scww-program/>
- It's ok, not to be ok! If you feel that you need help, please call the **Ottawa Distress Centre** 613-238-3311 at anytime.