



Protecting Your Mental Health: What You Can Do as an Older Adult

The COVID-19 situation can be stressful for many of us, and even more so for older people with mobility issues, and those over 70 who are told to self-isolate. Here are some things we can all do to stay mentally well during these difficult times.

1. Use [technology](#) to reach out: Connect with family and friends through the phone, texting, video chats, and social media. Check out www.ConnectedCanadians.ca to learn about their technology and training programs.
2. Use technology to connect to the world outside: Visit a [museum](#) (www.Nature.ca) or [art gallery](#) (www.Gallery.ca) online. Learn a new hobby or activity online. Try a new exercise class or learn a new skill.
3. Send cards or letters to let loved ones know you are thinking of them.

Remember, there are people who can help you get through this.

Community connections that offer phone support

- The Good Companions Seniors Centre offers programs for older adults and adults with physical disabilities including [Seniors' Centre Without Walls](#) (613-236-0428 ext. 2323) and a [Telephone Assurance Program \(TAP\)](#) 613-236-0428, extension 2235.
- [Rural Ottawa Support Services](#) (ROSS) (613-692-4697) offers services for older adults in rural Ottawa South including meals on wheels, free grocery delivery, and the [Friendly Voice](#) (613-692-9992)
- [COVID-19 response site](#) is a website that offers community support services to help seniors and adults living with disabilities.

Community Supports that offer emotional support

- [Distress Centre Ottawa and Region](#): Call 613-238-3311 in English or [Tel-Aide Outaouais](#) - 613-741-6433 in French.
- The [Walk in Counselling Clinic](#) (613-725-3601) offers counselling to help people cope with challenges. Sessions are through calls or video chats.

Clinical Supports

- The [C-PROMPT](#) Clinic provides quick access to mental health services during COVID-19 to prevent urgent mental health needs from getting worse. Ask your health care provider for a referral.
- [Geriatric Psychiatry Community Services of Ottawa](#) (613-562-9777 ext. 0) supports people over 65 living with mental health problems (not in a long-term care home, and those under 65 with dementia and having behavioral or psychological symptoms).

You are not alone. We are all in this together!