

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.



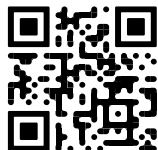
RECOGNIZE normal emotions and reactions:

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

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