



Teladoc<sup>™</sup>  
HEALTH

# Therapy is **for everyone.**

Your guide to mental health  
support at home


## Everyone is facing **new challenges**

When life brings new and unexpected changes, it's normal to feel anxious. Whether it's having to find a new job, family responsibilities, balancing more work assignments or the uncertainty of everyday life, you may be feeling overwhelmed, down, stressed and not like yourself.

Whatever you may be facing, you're not alone. It might be worth talking to someone who can understand what you're going through and help you manage life or regain control.

# 50%

of people report that COVID-19 is negatively impacting their mental health<sup>1</sup>



Mental health is not about erasing problems and stress—it's about building the skills, strength and character to be able to handle problems and continue toward your goals.

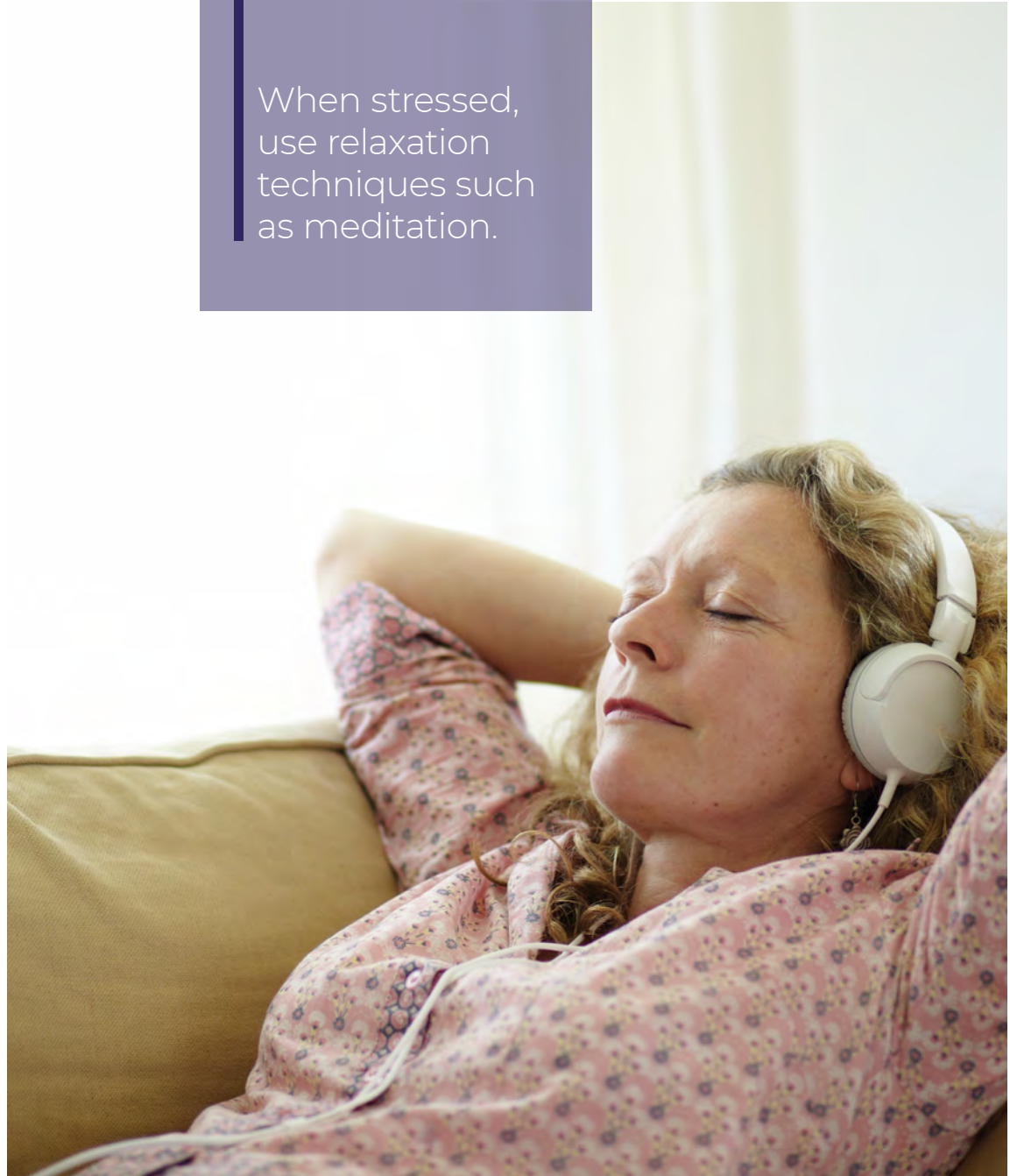
# Healthy tips to ensure **mental wellness**

The state of your mental health can affect every part of your life. When you take care of your mind, managing life's hardships gets easier.

## 7 tips to keep your mental health on track

- **Pay attention** to how you are thinking and feeling.
- **Make time** for regular physical activity.
- **Keep a healthy diet.** Avoid nicotine, artificial energy drinks or other energy supplements.
- **Get enough sleep.** Aim to sleep 7-9 hours per night.
- **Surround yourself** with positive emotional support. Avoid isolating yourself.
- **Use relaxation techniques** such as meditation, deep breathing or other forms of physical relaxation.
- **Seek mental health counseling** and psychiatric care if needed.

When stressed, use relaxation techniques such as meditation.



## Finding stability in times of uncertainty

When unexpected events happen, they can create a sense of fear, doubt and pressure you weren't prepared to take on. You may feel like no one understands your situation or that it's hopeless.

### In uncertain times, it's crucial to follow a routine so you can stay on track

- **Wake up, get dressed and make a to-do list** each day so you can see yourself make progress.
- **Look for things you can control** (your attitude, what you look at on social media, who you see and talk to, working out).
- **Take the opportunity to try new things** (crafts, outdoor activities, etc.).
- **Give yourself permission** to enjoy downtime.
- **Give yourself grace** (you're going to have off days, and that's okay).
- **Celebrate what you do get done** and for giving each day your best.

Stick to a daily routine to stay on track



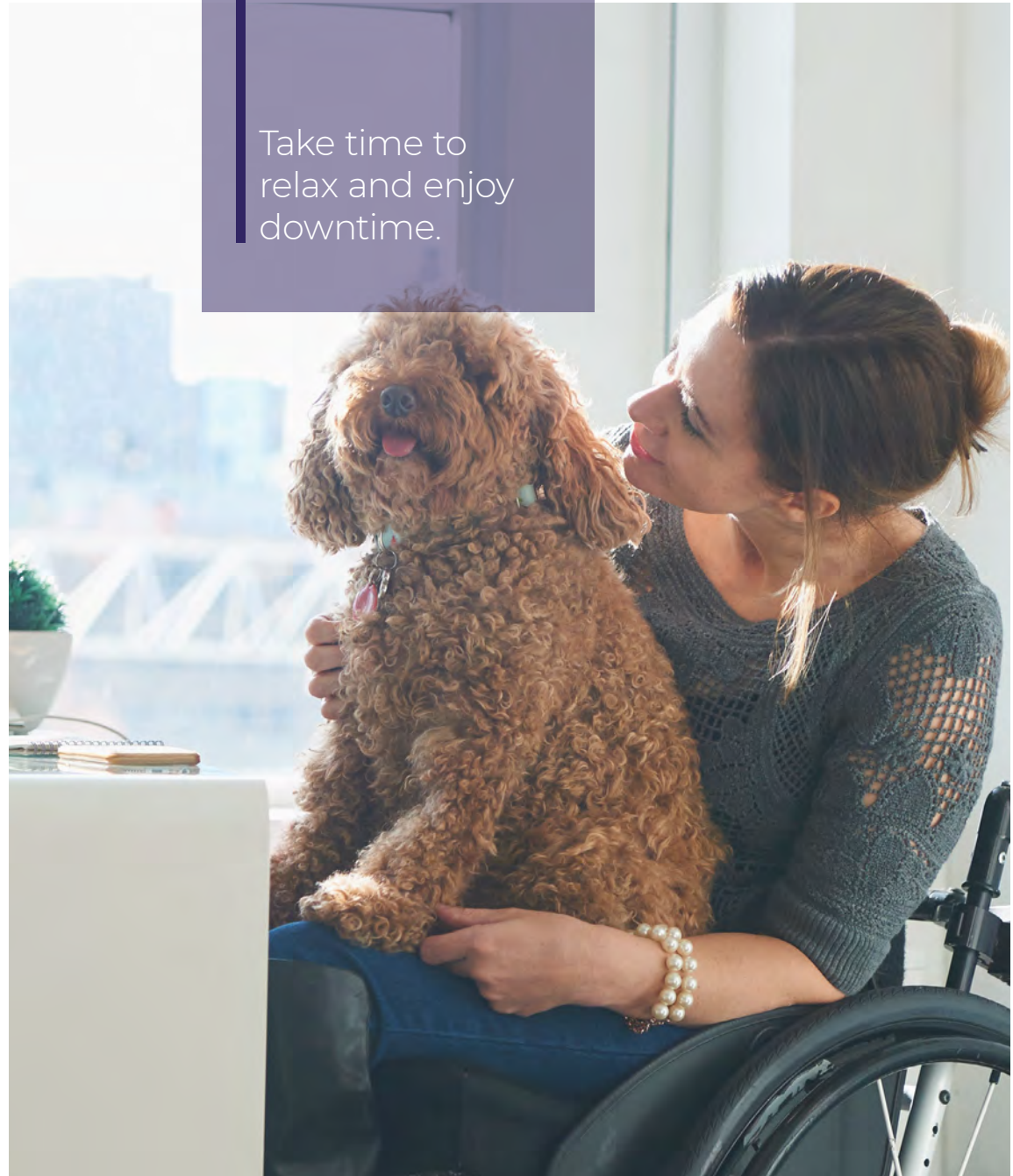
# Taking control of **your environment**

Working from home can be challenging, especially if you're not used to it. You may miss the social aspect of being at work, a workplace setting or even the office distractions.

## Learn new ways to adjust and stay productive

- **Look for things you can control** (morning routine, who you see, taking walks).
- **Try to keep what you can** from your routine pre-pandemic to create a sense of normality.
- **Be disciplined** and turn your computer off at the end of the workday.
- **Decompress after long days** and try deep breathing exercises if stressed.
- **Take time** to relax and enjoy downtime.
- **Take vacations** as you normally would, even if at home.

Take time to  
relax and enjoy  
downtime.



## Offering support to **children at home**

We encourage parents to initiate conversations with their children about relevant issues going on in the world. Observing behavior change is key to recognizing if a loved one might benefit from mental health support.

### Here's what to keep an eye on:

- **Out-of-character** irritability, anger or agitation.
- **Significant changes** in weight or eating habits, such as increased hunger or lack of appetite.
- **Changes in sleeping patterns** (such as sleeping considerably more or less).
- **Difficulty** keeping up with hygiene.
- **Withdrawal**, avoiding friends, family and social interaction.
- **Physical symptoms** in which there are no obvious medical causes.
- **Lack of energy**, motivation and interest in activities that once brought joy.
- **Using substances** like alcohol or drugs to cope with stress.
- **Bizarre beliefs** or ideas that can reflect a serious mental health condition.

A photograph showing a young woman with dark hair tied back, wearing a black and white striped long-sleeved shirt, sitting at a table. She is looking towards a woman on the right. The woman on the right has long dark hair and is wearing a red t-shirt. She is resting her chin on her hand and looking at the young woman. They are both looking at a laptop screen which is partially visible in the foreground. The background shows a window with a view of trees and a string of lights hanging from the ceiling.

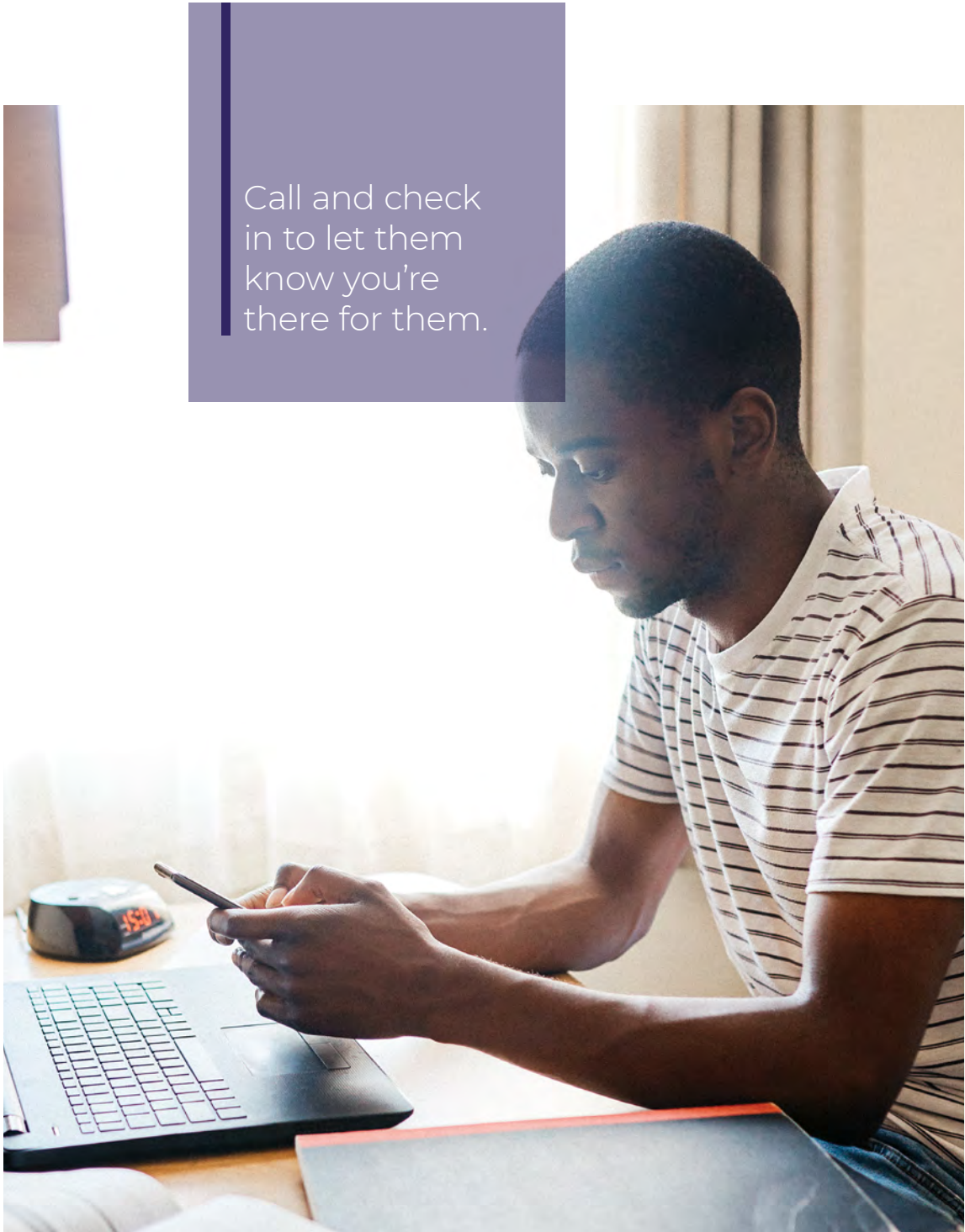
Initiate conversations about relevant issues going on in the world.

# Offering support to **your college kids**

College students with a strong support system tend to have better outcomes. Parents are encouraged to talk openly with their kids or encourage them to speak with a professional counselor if they prefer.

## 5 ways to offer support regardless of distance:

- **Call and check in** to let them know you're there for them.
- **Avoid judgment and criticism**, but stress the importance of not ignoring negative emotions or symptoms.
- **Send care packages** during stressful semesters.
- **Remind your child** that carving out time to alleviate stress in a fun manner is important.
- **Encourage your child to connect** with a mental health professional if they need someone to talk to and help them search for one if it's overwhelming.



Call and check  
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there for them.

# How to get the **support you need**

There are a variety of ways to receive confidential mental healthcare with a therapist, counselor or psychologist, whether it's in-person sessions or virtually.

**With virtual mental health services through Teladoc, you or a loved one can:**



Choose a therapist or psychiatrist who fits your needs



Schedule an appointment 7 days a week (7 a.m. to 9 p.m. local time)



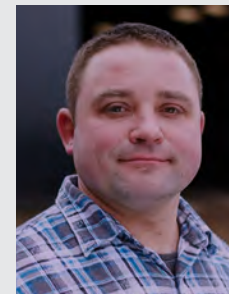
Have confidential visits from wherever you're most comfortable

## Real people. **Real progress.**



“As a working mom with two small children, finding ‘me’ time is almost impossible. I’ve had calls from my room and even parked in my car. At a time in my life when I really need the extra support, I’m grateful that Teladoc Health came to the rescue.”

**Folake**



“I’ve only been in sessions for a couple of weeks, yet I’ve noticed major changes in the way I live life.”

**Vic**





# Good days. Bad days. And every day in between.

Confidential and caring support is available to you.

The tips in this guide are provided to help you or a loved one seek help.\*  
There are many other resources available to support specific situations.

**For more information on mental health, visit these organizations:**

**Teladoc Health:** [go.teladochealth.com/2020-world-mental-health-day-CA/](https://go.teladochealth.com/2020-world-mental-health-day-CA/)

**Best Doctors:** [BestDoctors.com/Canada/Navigator](https://BestDoctors.com/Canada/Navigator) | Call: 1-877-419-2378

**Canadian Mental Health Association:\*\*** [cmha.ca](https://cmha.ca)

**Government of Canada:\*\*** [canada.ca/en/public-health/topics/mental-health-wellness.html](https://canada.ca/en/public-health/topics/mental-health-wellness.html)

**Mental Health Commission of Canada:\*\*** [mentalhealthcommission.ca/English](https://mentalhealthcommission.ca/English)

**CAMH:\*\*** [camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics](https://camh.ca/en/driving-change/the-crisis-is-real/mental-health-statistics)

\*April 2020 study of 933 employees or those recently employed in Canada, conducted by Leger and commissioned by Teladoc Health.

\* Not all tips may be appropriate or applicable in all situations. If you have any questions or concerns, contact your human resources department or a mental health professional. And, as always, call 911 or go to your local emergency room in the event of emergencies.

\*\* These resources are provided for information purposes only and do not constitute endorsement by Teladoc Health, Inc.

## LEARN MORE

**[TeladocHealth.com/en-CA](https://TeladocHealth.com/en-CA) | [engage@teladochealth.com](mailto:engage@teladochealth.com)**

### About Teladoc Health

Teladoc Health is the global virtual care leader, helping millions of people resolve their healthcare needs with confidence. Together with our clients and partners, we are continually modernizing the healthcare experience and making high-quality healthcare a reality for more people and organizations around the world.