



Housing Cambridge

COVID-19 Notice 06

Dear Residents:

Through these difficult and uncertain times, we understand that our mental health and anxiety can be negatively affected. We have compiled a modest list of resources to help you, or someone you know that may be struggling, begin finding coping mechanisms, strategies, or supports during this time.

A great starting point for anyone struggling with COVID-19 related anxieties is the Canadian Association for Mental Health. You will find resource for coping with stress and anxiety, quarantine and isolation, as well as links to additional related resources:

<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

Public Health Ontario has also provided this guide for self-isolation. In addition to this guide, Public Health continues to give the most current and reliable information regarding COVID19.

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en&hash=0F24D415679797A8826D58B7A2B9BC0B49E36E0B&hash=0F24D415679797A8826D58B7A2B9BC0B49E36E0B>

The Centres for Disease Control and Prevention (CDC) in the US has provided a guide on how we can help prevent spreading the virus and precautions we can take to assist in flattening the curve. Sometimes reading about precautions we can take and implementing them can assist in reducing some of the anxieties that we experience with the unknown.

https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/guidance-prevent-spread.html

Though this is a British Columbia website, the support regarding COVID19 and anxiety is completely relevant to us

<https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>

Anxiety Canada is a more generalized website, but the free downloadable PDF section offers information and resources for dealing with anxiety in children, youth, and adults.

<https://www.anxietycanada.com/>

We hope these resources can guide you to the supports you need to manage this highly emotional time.

Cambridge Non-Profit Housing Corporation
780 King Street, East, Cambridge, Ontario N3H 3N9

Phone: 519-650-5599 ex 26

Email: info@housingcambridge.com

Fax: 519-650-1532

Website: www.housingcambridge.com