# 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](http://www.connectedcanadians.ca) to reach out: Connect with family and friends through the phone, texting, video chats, and social media. Check out [www.ConnectedCanadians.ca](http://www.ConnectedCanadians.ca) to learn about their technology and training programs.
2. Use technology to connect to the world outside: Visit a [museum](https://www.youtube.com/watch?v=bNQ4FGiaFRY&feature=youtu.be) ([www.Nature.ca](http://www.Nature.ca)) or [art gallery](https://www.gallery.ca/) ([www.Gallery.ca](http://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](https://thegoodcompanions.ca/programs-services/seniors-centre-without-walls/)

(613-236-0428 ext. 2323) and a [Telephone Assurance Program (TAP)](https://thegoodcompanions.ca/community-support-services/telephone-assurance-program-tap/) 613-236-0428, extension 2235.

* [Rural Ottawa Support Services](https://www.rosss.ca/) (ROSS) ([613-692-4697](tel:613-692-4697)) offers services for older adults in rural Ottawa South including meals on wheels, free grocery delivery, and the [Friendly Voice](https://www.afriendlyvoice.ca/) (613-692-9992)
* [COVID-19 response site](https://communitysupport.covidresponse.ca/) 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](https://www.dcottawa.on.ca/): Call 613-238-3311 in English or [Tel-Aide Outaouais](http://telaideoutaouais.ca/) - 613-741-6433 in French.
* The [Walk in Counselling Clinic](https://walkincounselling.com/) (613-725-3601) offers counselling to help people cope with challenges. Sessions are through calls or video chats.

**Clinical Supports**

* The [C-PROMPT](https://www.theroyal.ca/CPROMPT) 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](https://www.champlainhealthline.ca/displayservice.aspx?id=20305) (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!***