

GPREP Covid-19 Mental Health Awareness Social Media

April 22, 2020

Caring for your mental health is critical, especially during uncertain times.

Confidential supports are available to help with mental health concerns. If you or someone you know is struggling with mental health, visit [GPREP.ca/covid19/mentalhealth](https://gprep.ca/covid19/mentalhealth) for a list of helpful resources.

If you need emotional support or feel overwhelmed, you are not alone.

If you or someone you know is struggling with mental health, visit [GPREP.ca/covid19/mentalhealth](https://gprep.ca/covid19/mentalhealth) for a list of supports and resources.

These are tough times for all of us. Reach out if you or someone you know needs help.

Visit [GPREP.ca/covid19/mentalhealth](https://gprep.ca/covid19/mentalhealth) for a comprehensive list of resources offered by your community and the Province of Alberta.

If you feel significant distress around COVID-19 and feel you are not coping well, you may need extra support.

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