

Mental health and COVID-19

What you need to know

What is it?¹

In some people, recovering from COVID-19 can take time and lead to a range of symptoms such as sadness, irritability, problems concentrating, memory loss, difficulty sleeping, and anxiety.

These symptoms can be very challenging, but fortunately, in most people, they improve over time. Don't hesitate to talk to a health professional, such as your family doctor, if you need support during your recovery process.

Scientists don't yet fully understand how COVID-19 has affected people's mental health. However, the health restrictions, new work methods, rise in online platforms, and financial impacts of the pandemic are all likely to take a toll.

It's also important to know that the persistent physical and cognitive symptoms of COVID-19, such as fatigue, shortness of breath, brain fog, joint or chest pain, and post-exertional malaise, can have negative impacts on mental health.

Take action!²

If you have one or more of these symptoms, we encourage you to adopt self-management strategies.

- Do some research so you can better understand and manage your persistent COVID-19 symptoms. Tell your doctor about your symptoms, and consult the various [self-management information sheets](https://santemonteregie.qc.ca/en/west) at santemonteregie.qc.ca/en/west;
- Don't isolate yourself: Talk to other people about your situation and seek support;
- Pay attention to your feelings, emotions, and reactions, and give yourself permission to share them with a trusted person or to express them in writing or another way;
- Choose healthy habits, such as eating well and getting enough sleep;
- Identify and limit the things that make you feel stressed;
- Enjoy small indulgences (e.g., listening to music, taking a hot bath, reading);
- Stay in touch with people who make you feel good;
- Remember the strategies that helped you get through difficult times in the past;
- Set limits (e.g., refuse to do anything you don't want to do and that's not essential);
- Learn to delegate and accept help from others (e.g., ask your kids to do the dishes).

Important :

Assurez-vous que les stratégies mises en place respectent vos limites et n'occasionnent pas une augmentation de vos symptômes persistants de COVID, pour plus d'information référez-vous aux fiches :

- **Malaise post-effort et COVID-19**
- **Fatigue et COVID-19**

You can also get information, tools, and support from these resources:

Guides on mental health

Are you feeling stressed, anxious, or depressed? The [advice](#) presented in these tools can help you to deal with the challenges associated with the pandemic in a healthy way.

Online tool: [Getting better... my way](#)

A self-management support [tool](#) that can help you regain your balance and feel good again.

Mobile apps

[Guide](#) des applications francophones en santé mentale : des outils intéressants pour les usagers et leurs proches.

When to seek help?²

Generally speaking, it is possible to overcome reactions of stress, anxiety, and depression. However, the malaise can persist and even worsen after a period of several weeks or months. At that point, you may need to seek help. Here are some helpful resources:

Info-Social helpline: 811, option 2

If you are feeling stressed, anxious, or depressed, you can call 811. Psychosocial workers will offer you support, information, and advice, as needed.

The psychosocial services affiliated with your CISSS

If you would like psychosocial services, call the [Psychosocial intake department](#) at your local CLSC.

Suicide prevention centre, 1 866-APPELLE (1-866-277-3553)

If you feel like there's no solution to your problems, if you're in deep psychological distress, or if you're planning to put an end to your suffering once and for all, you should know that help is always out there.

Remember that applying self-management strategies on a regular basis can help to prevent mental health issues.

References:

1. Post COVID-19 Interdisciplinary Clinical Care Network. (2021, 22 mars). *Mental Health in Post-COVID-19 Recovery*. www.phsa.ca/health-info-site/Documents/post_covid-19_mental_health_resources.pdf

2. Gouvernement du Québec (2021, 22 mars). *Stress, anxiété et déprime associés à la maladie à coronavirus COVID-19*. www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/stress-anxiete-et-deprime-associes-a-la-maladie-a-coronavirus-covid-19/#c47205

If you have questions about long COVID, please email us at: readaptation.covid.cisssmo16@sss.gouv.qc.ca.

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

- The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:
- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
 - its willingness to question and improve its professional, clinical, and administrative practices;
 - its appreciation of its personnel and the implementation of human resource management practices;
 - its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.