

Communiqué de presse

Pour publication immédiate

Mental Health Week : May 4 to 10, 2020

Saint-Jérôme, May 5, 2020 – This year's theme for Mental Health Week, May 4 to 10, 2020, is *#ParlerPourVrai (#GetReal)*. In our society, while we are commonly asked how we are, we too often reply with a mere formality saying we are fine. Answering sincerely provides an opportunity to truly connect with another person.

Because we all need social connection, self-isolation is a challenge. Call a family member, an old friend or colleague, and speak to them from the heart. This will help create a feeling of closeness, of social support, despite physical distance.

During the pandemic

One in every five individuals will experience a mental health issue or a mental illness during their lifetime. However, beyond the statistics, the current pandemic can affect individuals psychologically. In such an unprecedented situation, many people may experience stress, anxiety and depression. Anyone experiencing these symptoms can dial 811 at any time to reach the Info-Social hotline.

In the Laurentians, all patients active and on waiting lists have been contacted by the Centre intégré de santé et de services sociaux des Laurentides to gain an accurate understanding of each situation and to intervene where necessary. In addition, all of our services track individuals deemed at risk and highly vulnerable. For additional information, please visit: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/stress-anxiety-and-depression-associated-with-the-coronavirus-covid-19-disease/>

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