



Canadian Mental
Health Association
Manitoba and Winnipeg
Mental health for all

Association canadienne
pour la santé mentale
Manitoba et Winnipeg
La santé mentale pour tous



years of
community
ans dans la
communauté

Dealing with Depression in a Pandemic

The current circumstances of staying indoors and self-isolating can mean some folks begin to experience symptoms of depression. Worries about job loss, income insecurity, family changes, loved ones being ill or being susceptible to illness can create deep feelings of sadness and can lead to depression. Loneliness, isolation, and depression can become a cycle that feed off of each other.

It is important to recognize the signs of depression so you can begin to practice intentional self-care and reach out for help if necessary:

- Physical symptoms can include headaches, sleep issues, neck tension, appetite changes and fatigue.
- Emotional symptoms can include intense worries related to COVID-19, feelings of powerlessness, unrealistic thoughts about current circumstances, a consistent negative viewpoint and feelings of sadness, anger or discouragement.
- Behavioral symptoms can include difficulty concentrating, aggression, irritability, being withdrawn, and difficulty making decisions and increased substance abuse.

It is helpful to manage and learn to cope with symptoms of depression before they increase to an episode of clinical depression. Keeping busy can be helpful to avoid ruminating on the stress of the situation. Create a set schedule that includes work, sleep, family time, leisure activities, exercise and chores. Pursue enjoyable activities that make you feel whole and satisfied. Remind yourself of all of the past struggles you've been able to overcome and consider reusing the strategies you used that were effective. Remain in contact with people who make you feel calm, comforted and self-confident. Be cognizant of too much time spent watching or listening to the news. Put watching or listening to the news onto your schedule of things to do and make sure you only watch when you planned to.

If the intensity of these symptoms grows, it is time to seek out help. You can make an appointment with your family doctor or start by calling Manitoba Health Links at 1-888-315-9257.

The CMHA Service Navigation Hub (SNH) provides information on a range of topics related to mental health, mental illness, distress and strategies connected to resilience.

When you connect to the SNH they listen and assess your situation; provide immediate support; educate and provide consultation on your rights and to determine next possible steps of action – whether to proceed with intake to CMHA programs or to refer to appropriate community supports.

You can reach them directly at: 204-775-6442 or email at: hub@cmhawpg.mb.ca
Visit: [service navigation hub](#) for more detailed information on the support a Recovery Navigation Specialist can provide as well as other crisis supports within Manitoba.



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