



Seniors Mental, Physical Health and Covid-19 Pandemic Resources

**The Covid-19 pandemic affects us all.
But the senior population of Canada is more at risk than others.**

**Here are a few online resources
to help Seniors during this difficult time.**

Seniors and Mental Health Resources in Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html#a3>

Depression in older adults

<https://www.camh.ca/en/health-info/guides-and-publications/depression-in-older-adults>

Mental Health Support Lines for Seniors in Canada

<https://ccsmh.ca/wp-content/uploads/2020/06/Mental-Health-Support-Lines-for-Seniors-in-Canada.pdf>

Things to do while Social Distancing

<https://ccsmh.ca/wp-content/uploads/2020/04/Activities-to-do-While-Physical-Distancing.pdf>

If you have access to technology

<https://www.cfn-nce.ca/wp-content/uploads/2020/04/Tip-Sheet-Avoid-Social-Isolation-WITH-Technology-1.pdf>

Or no access to technology

<https://www.cfn-nce.ca/wp-content/uploads/2020/04/Tip-Sheet-Avoid-Social-Isolation-WITHOUT-Technology-1.pdf>

Battling Anxiety

<https://ccsmh.ca/wp-content/uploads/2020/04/Tips-for-Battling-Anxiety-During-this-Public-Health-Situation.pdf>

How to organize and make a Virtual Visit with your loved ones

http://www.ontarc.com/documents/Virtual/20200331VirtualVisitsToolkit.pdf?fbclid=IwAR3PlcxmUIHTGn2qtwGVD2Sj0Dya72f9_QdMaCxOpGDcspsqbVyeMKoZv10

Active Seniors: Exercises

<https://www.uwo.ca/ccaa/programs/videos/index.html>

<https://www.activeagingcanada.ca/assets/pdf/healthy-living/Daily-Dose-Brochure.pdf>

https://csepguidelines.ca/wp-content/uploads/2018/03/CSEP_PAGuidelines_older-adults_en.pdf