



Health, Social, and other Community Programs and Services  
**Call 211**

**Publicly Funded Children's Mental Health Services:**

Children's Mental Health Leeds Grenville 1.800.809.2494

Open Doors Lanark Children and Youth 1.877.232.8260

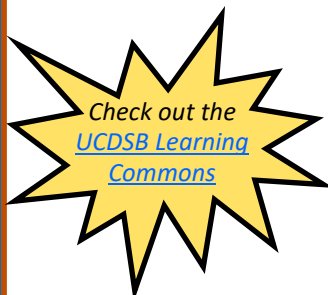
Valoris Prescott Russell 1.800.675.6168

Cornwall Community Hospital 613.361.6363

**For adult mental health, addiction, or problem gambling services:**

**ConnexOntario**

1.866.531.2600  
www.ConnexOntario.ca



As the summer progresses, more things are opening up in our communities and that can be exciting. However, for some of us (even many of us at some times) we might still have worries and fears about what this "new normal" means. See the CARD system below, posted by Anxiety Canada for strategies to reduce anxiety: **Comfort, Ask, Relax, Distract**. Click on the image for the complete set of CARDS.



**THE CARD SYSTEM**  
FOR COPING WITH FEARS AND ANXIETY

Everyone feels anxious or afraid sometimes, but there are things you can do to reduce your fear and anxiety. The CARD System (Comfort, Ask, Relax, Distract) provides groups of strategies that you can play to cope with stressful situations. Originally used to help reduce fear and pain from medical procedures, CARD can also be used in situations that cause fear or anxiety. Playing your CARDS will give you strategies to help you with fear and anxiety.

**COMFORT:** Having negative thoughts and feelings is normal, and they usually go away over time. Try to be courageous and learn to be the 'boss' of your own worry.

**ASK:** Talk to someone you trust, such as a family member, friend or health-care provider. Ask them questions about your worries and how they can help you feel better.

**RELAX:** Be patient with yourself and do activities to keep yourself calm and relaxed.

**DISTRACT:** Try to keep normal routines and limit the amount of time you spend focusing on whatever is making you anxious or afraid.



[AboutKidsHealth.ca](http://AboutKidsHealth.ca)

UNIVERSITY OF TORONTO  
LESLIE DAN FACULTY OF PHARMACY

Immunize Canada

HELP  
inKids

Anxiety CANADA

SickKids

If you want to learn more about anxiety, or you need a bit more help (especially if your strategy for managing is to avoid things, or you feel worried or panicked many times over most days), check out [Anxiety Canada](http://AnxietyCanada.ca). They also have a free app called "[MindShift CBT](https://www.youtube.com/watch?v=0Ka10cf9dSY)". An introduction to the app can be viewed here: <https://www.youtube.com/watch?v=0Ka10cf9dSY>. And like the CARD system says, you can always **ASK** for help from one of the publicly funded mental health agencies in your area

One way to manage during stressful times is to understand the facts and take charge of the things you can control. During COVID19 our **Public Health Units** can be wonderful sources of helpful information that guide us in how to stay safer while still enjoying activities inside and outside of home. Click on these images to visit:



Call 1-800-668-6868 for support or Children and youth text TALK 686868 Adults text WELLNESS 741741