

# Evacuations and your mental health

It's OK not to be OK. If you've been forced to leave your home, here are some tips to help manage your mental health.



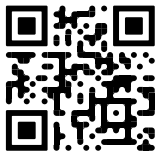
## RECOGNIZE normal emotions and reactions:

- grief
- sadness
- uncertainty
- helplessness
- excessive anxiety
- irritability or anger
- emotional numbness
- memory problems
- difficulty making decisions
- confusion, disorientation or lack of focus and concentration

Everyone reacts differently. Children often react to emergencies differently than adults.

## REACH OUT for help, if:

Feelings are overwhelming or persist for a long time



[Canada.ca/mental-health](https://Canada.ca/mental-health)

Find free, national and local mental health and substance use resources

You are struggling with substance use

Hope for Wellness Helpline

For all Indigenous Peoples  
1-855-242-3310

You are experiencing violence



1-800-668-6868  
Text CONNECT to 686868

**9-8-8** Suicide Crisis Helpline

Call or text 9-8-8 anytime

**9-1-1**

For immediate danger or urgent medical support

## RECOVER:

Allow yourself to grieve

Take it one step at a time

Make time for activities with friends, family and community

Prioritize healthy habits as much as possible

Reach out for support and assistance