

Self-Help Suggestions from the Canadian Mental Health Support Network

General Public

- It is OK to be bothered by recent events
- Spend time with family and friends
- Talk about your feelings
- Get back to your daily routines
- Get enough rest, exercise and eat a well-balanced diet

Parents

- Spend time with your children, ask how they feel
- Let them know you understand their feelings
- Comfort them and reassure them that they are safe
- Maintain family routines
- Limit exposure to frightening images

If you feel you are unable to cope or not able to get back to your usual life patterns at work, at school or at home, see your health professional.