



Canadian Mental  
Health Association  
Newfoundland-Labrador  
*Mental health for all*

## MESSAGE FROM THE CEO

With COVID-19, and the pandemic it has caused across the world, the health and mental health of the world's population is at risk.

Currently, the best means of protecting ourselves is one that goes against the core of us as humans – physical (social) distancing. This is an essential requirement in our efforts to 'flatten the curve' and protect those we love, but one that can deeply impact those of us with mental health challenges, which is all of us.

While we are in this together, and we will get through this together, being isolated in one's home can feel anything but 'together'. We must consider those of us who are most vulnerable and coping with: violence at home, inadequate housing, no food in the cupboard, a debilitating mental illness, lay-offs, thoughts of suicide – how are we to survive physically, financially, and mentally when isolated both in our homes and from the community supports we need?

That's where community-based organizations, such as CMHA-NL, come to assist. We are re-tooling our systems to bring services to the clients we serve. We are adapting to the new normal and finding new opportunities and means to serve the community. We are working with other like-minded agencies to ensure no one is left behind. While we take our lead from the public health authorities, we advocate where we see gaps in responses to emerging situations in the community, and we continue with our mission to assure our clients and their supporters that no need is insignificant.

If you need help, we are here for you. Please visit our website, where resources are updated on a daily basis: <https://cmhanl.info/covid19>. If you or someone you know is having a mental health crisis, please call the 24-hour province-wide Mental Health Crisis phone line, toll-free, at 1-888-737-4668.

If you are looking for ways you can help, we encourage you to reach out to your family, friends, co-workers, and others you know who can use a friendly message by phone, text, social media, or other means that maintain physical distancing. As always, your support for our work is appreciated. Help spread awareness about resources available in our community, or donate to CMHA-NL at [cmhanl.info/give](https://cmhanl.info/give).

Stay safe and take good care of yourself, your mental and physical well-being, and each other during this stressful time. The pandemic will pass – all the sooner if we take the precautions we are told to take as suggested by our [public health authority](#) and the [World Health Organization](#).

Sincerely,

**John G. Abbott**  
Chief Executive Officer