

MENTAL HEALTH AND WELL-BEING DURING COVID-19 OUTBREAK.

It is normal to feel sad, stressed, confused, scared or angry during the COVID-19 outbreak.

Things you can do to support yourself



Hearing about the pandemic repeatedly can be upsetting: take breaks from watching, reading, or listening to news stories and social media.



Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.



Make time to unwind. Try to do some other activities you enjoy.



Connect with others. Talk with people you trust about your concerns and how you are feeling.



To speak to a mental health professional, call the new helpline on **16000** from 7am to 10 pm daily.



For more info. on coronavirus disease 2019 (COVID-19)
visit www.moph.gov.qa or call **16000**