YOUR MENTAL HEALTH IS IMPORTANT!

It is normal to feel scared, stressed, or anxious in the current circumstances.
There are a few factors contributing to our **stress** such as worrying about catching
the virus, change of routine, social distancing and exposure to excessive news.
Here are some simple tips to help you better deal with stress:

- Eat healthy
- Get enough sleep and exercise
- Take regular breaks at work and drink a lot of water
- Stop smoking and alcohol
- Talk to your family and friends
- Don't spend too much time checking for news on social media
- Get information from trusted sources like the Ministry of Public Health (MOPH) and WHO
- Stay connected with people. Talk about your worries with others

If you feel stressed or anxious and need to talk to a mental health professional, call the National Helpline at 16000

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MINISTRY OF PUBLIC HEALTH

خدمات الصحة النفسية
Mental Health Service
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