

COVID-19

The church building is closed until at least September because our highest priority is to protect the most vulnerable among us.

As assigned by the Kincardine United Church Council, a small group is working on protocols to recommend to Council for a safe re-opening of the building. However, NO decision has been made as yet. We will update everyone as soon as a decision is made.

- Worship will be broadcast as usual on local TV the week after.
- We are live-streaming worship on Sunday mornings.
- Gord's reflections will continue to be sent out with links to the bulletin & any announcements
- Please contact the church office by phone or by e-mail (email is preferred – kuchurch@bmts.com).
- Fireside Chats are posted every Tuesday on our YouTube Channel, including some humour, some music, a reflection, a prayer and a blessing.

As a family of faith, many of us rely upon one another for mutual support and for companionship. The Membership and Mission Committee has put into place remote ways of pastoral care. May God bless us as we love one another from a distance. If you wish to be added to this contact list email Melinda Smegal at glorycangel@yahoo.ca

Even during COVID-19, Emergency Departments are operating as usual. It is okay to go to the ER. If you or a loved one are suffering from symptoms of a stroke, heart attack, or other new serious health issues, do not delay. Call 9-1-1 or to the nearest emergency department for assessment right away. 🏥 🚑



**Even during COVID-19,
it is okay to go to the E.R.
Continue to seek medical
attention for urgent
health issues.**

go



www.publichealthgreybruce.on.ca/COVID-19

Symptoms of COVID-19?

**Isolate within your home
and use the self-assessment tool.**

Do you have symptoms of COVID-19 and are having trouble managing at home?



Visit an assessment centre.

Do you have new or worsening symptoms AND are in the priority testing group?



Visit an assessment centre.

The Grey Bruce Health Unit also has a help line at 1-800-263-3456 Ext 3000 if you need help.
Note: Do not call 911 unless it is an emergency.

<https://covid-19.ontario.ca/self-assessment/>

[Link to Grey-Bruce Assessment Centre List](#)

[Link to Priority Testing Details](#)



www.publichealthgreybruce.on.ca/COVID-19

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COVID-19 and MENTAL HEALTH

“Apart But Not Alone”

Offered by CAMH (Centre for Addiction and Mental Health)

<https://action.camh.ca/apart-not-alone>

Sign up to learn concrete ways to manage your stress and uncertainty during this difficult time — and receive regular support and encouragement right in your inbox along the way.

Anxious and stressed out? Help is at hand!

Check out the new Wellness Together Canada portal which provides free online courses like Taking Control of Stress and resources like Moving Beyond Anxiety. <https://ca.portal.gs/>



More Resources: If you or someone you know is feeling overwhelmed or in crisis, there are supports available. Canadian Mental Health Association of Grey Bruce has lots of information on their social media sites and website at <http://cmhagb.org/>

Mental Health Crisis Line of Grey & Bruce (24 hours) For ages 16+
Phone: 1-877-470-5200

Grey Bruce Health Services Crisis Team (24 hours) Phone: 519-376-2121 (Ask for Crisis Team)

Kids Help Phone is a free, anonymous and confidential phone and on-line professional counselling service for children and youth. Big or small concerns! Open 24/7 365 days/yr.

Website: www.kidshelpphone.ca – for on-line chat as well as resources and information
Phone: 1-800-668-6868 By Text – Text “TALK” to 686868

Download the “Always There” app to Chat

Information below is taken from <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>.

Anxiety is a normal reaction to uncertainty and things that may harm us. For many of us, the coronavirus and the COVID-19 illness make for a very uncertain future.

Take action ... Taking reasonable action can help you take back control and reduce anxiety. Look to trusted organizations and agencies like the Government of Canada, and World Health Organization for information about steps you can take to reduce your risk of getting sick or passing the illness on to others.

- Government of Canada—www.canada.ca/coronavirus and the COVID-19 Information Line at 1-833-784-4397
- World Health Organization—www.who.int/health-topics/coronavirus
- [Ontario Public Health](http://www.ontario.ca/health)
- Fact Sheets: [How to self-monitor - COVID-19](#), [How to self-isolate - COVID-19](#)
[Cleaning and Disinfection for Public Settings - COVID-19](#)
[Self-isolation: Guide for caregivers, household members and close contacts - COVID-19](#)

Explore self-management strategies

Explore self-management strategies like mindfulness, yoga, meditation, art, or exercise to manage anxious thoughts. You can find self-management strategies for anxiety from Anxiety Canada at www.anxietycanada.com. You can also take the Bounce Back Online, a self-directed course from the Canadian Mental Health Association to help people manage low mood, stress, and anxiety. The online version is free, no referral needed. Visit online.bouncebackonline.ca