

Community Update – July 29, 2020

Emerging Wisely Current State: Relaxing Phase 2 – Next Steps

Dr. Theresa Tam, Canada’s Chief Public Health Officer, issued a statement today addressing what is being described as COVID-fatigue.

“For many, there are emotional and psychological implications of staying physically apart from others that can lead to feelings of loneliness and social isolation. To address this, remember that you can practice physical distancing, but still be social. I urge everyone to continue reaching out by various means, including virtually and especially support those living alone or away from family members or loved ones. This is an opportunity for younger Canadians and others who are familiar with social media and virtual platforms to reach out and help others in your family or community who may not be as tech savvy.

If you or someone you care about are experiencing social, mental or emotional challenges associated with the difficulties and pressures of the COVID-19 pandemic, help is available. Please visit the [Wellness Together Portal](https://ca.portal.gc.ca) at <https://ca.portal.gc.ca> to connect to mental health and substance use support, resources and counselling with a mental health professional.

We know that many members of our community have not been able to travel outside of the NWT summer to visit loved ones or have their families come visit them. Dr. Tam states “physical distancing should not mean emotional distancing. During this pandemic, we should all try our very best to stay connected – even while staying physically apart.” We encourage community members to reach out to friends and coworkers who may be experiencing COVID-fatigue. Take the time to stop and chat in your driveways, go for a socially distanced walk with friends or meet up at Jackfish Lake or McKinnon Park for a coffee. There are many ways for us to connect safely.