

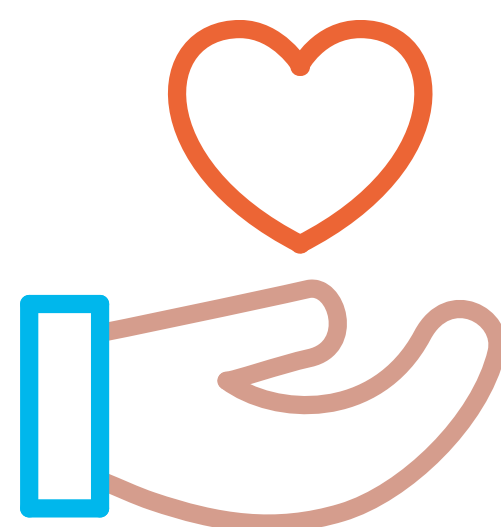
# HOW TO ACCESS SUPPORT

WHILE LIVING AT HOME



For many of us, physical distancing and self-isolation can result in not being able to access our self-care resources in the same ways we would before. Accessing therapy, speaking to a counsellor or discussing safety plan options can be difficult when you are living with parents, siblings, extended family or roommates. Many do not have the luxury of privacy.

Here are some tips to help ensure you are able to get the privacy you need while maintaining your support systems.



## TIPS:



- Go out for walks to ensure privacy and use it as an opportunity to:
  - Have regular check-ins with those you trust
  - Speak to a counsellor over the phone or virtually
- Download an app that hides your text messages
- Create an emergency room in your home. Put a lock on the door and have a phone in the room.
- To find public Internet access, go to [www.shaw.ca/internet/wifi](http://www.shaw.ca/internet/wifi) to see where there are WiFi hotspots
- If it is becoming difficult to cope, speak to someone you consider safe and see if you can self-isolate with them



If you need assistance with accessing resources, you can contact us at [ask@anbu.ca](mailto:ask@anbu.ca) and we will do our best to provide you with available community resources.