

## **Feeling Overwhelmed? Not sure what to believe?**

**Help in Tough Times:** [Helpful tips to decrease anxiety and prevent depression](#)

Talk to your physician or nurse at Riley Park Maternity. We can help direct you to CFPCN services like 'One Step at a Time' phone counselling.

### **Where do I get accurate information?**

The [Alberta Health Services](#) website is the best place to get accurate and up to date information about COVID-19. Limit the amount of time you spend watching, reading or listening to news. Too much or constant information can cause you or those around you to feel worried or anxious.

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