



DO NOT ALIENATE YOUR LOVED ONE BECAUSE THEY HAVE BEEN DIAGNOSED WITH COVID-19

If someone is sick, they deserve empathy and support. Maintain connections with your family member or friend as they might be experiencing feelings of stress anxiety or fear.

Reach out to them through a call or message just to check in.

For more on mental health in COVID, Call
ATIC Toll-free number



0800200055



There's no shame
in being sick —
The virus does not
discriminate