



► Importance of understanding the impact of COVID-19 on your life

The global COVID-19 pandemic has impacted us all in different ways. Many aspects of your life have been and still are affected by the COVID-19 crisis. In order to better understand how you've experienced recent months, we need information on the impact of the pandemic and containment period on different areas of your life.

We are preparing a "COVID-19" questionnaire that we will ask you to complete online this summer. It includes questions about how the pandemic has affected your physical health, lifestyle habits, financial situation, educational or professional background, and social relationships, among other things. How did you deal with the stress of the situation? Do you think this crisis will soon be behind us?

We will send you all the information you need to complete the 15-minute questionnaire in the second week of July. Once the questionnaire is filled out, we will send you a \$40 cheque by mail to thank you for your participation.

► COVID-19 and mental health

A pandemic is a very stressful time and it is perfectly normal to feel stressed, anxious or depressed. These feelings may be limited in time or last for several months. For more information, visit the [Stress, anxiety and depression associated with the coronavirus COVID-19 disease](#) page on the Québec government's website, which provides information on how to alleviate the negative effects of the pandemic on your life.

Other resources are also available:

Tel-Aide: 514-935-1101

Info-Santé and Info-Social: 811

Suicide hotline: 1-866-APPELLE

Canadian Mental Health Association: cmha.ca



All newsletters are available on the website of the study.

