

## Resources for Maintaining Proper Mental Health During the COVID-19 Outbreak

The following organizations have prepared special updates on how to deal with mental health issues and coping with the COVID-19 virus. Please feel to share.

### Mental Health America

<https://mhanational.org/covid19> - (includes information for talking to children)

### NAMI – National Alliance on Mental Illness

<https://nami.org/COVID-19> (includes resources for talking to children)

### American Foundation for the Prevention of Suicide – AFSP.org

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

**Centers for Disease Control** – this site provides information on COVID-19 and how to keep yourself and others healthy

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Where to Seek Help** – if you are feeling anxious or distressed and need to talk to a mental health professional, reach out to these sources.

**Centerstone** - Crisis Line, Indiana 1-800-832-5442, Kentucky, Adults 1-502-589-4313, Kentucky, Child 1-502-589-070

**LifeSpring Health Systems** – Crisis Line, 812-280-2080

**Bloomington Meadows Hospital** – Crisis Line, 1-800-461-5979

**Wellstone Regional Hospital** – Assessment Line, 812-872-5224

**Disaster Distress Helpline** – Provided by the Substance Abuse and Mental Health Services Administration (SAMHSA). Call *1-800-985-5990* or *text TalkWithUs to 66746*. The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.

**Crisis Text Line** - The Crisis Text Line is free, 24/7 support for those in crisis. Text IN to 741741 from anywhere **in the US** to text with a trained Crisis Counselor

**National Suicide Prevention Lifeline** 1-800-273-8255

**Trevor Lifeline (LGBTQ youth)** - 1-866-488-7386

**Veterans Crisis Line** – Call 1-800-273-8255, Text 838255

### Suggestions for Coping From the America Foundation for Suicide Prevention (AFSP)

If you are struggling, here are some things you can do to take care of your mental health in the face of uncertainty:

*If you are currently experiencing an emergency, dial 911 or go to the nearest emergency room.*

1. ***Separate what is in your control from what is not.*** There are things you can do, and it's helpful to focus on those. Wash your hands. Remind others to wash theirs. Take your vitamins. Limit your consumption of news (Do you really need to know what is happening on a cruise ship you aren't on?).
2. ***Do what helps you feel a sense of safety.*** This will be different for everyone, and it's important not to compare yourself to others. It's ok if you've decided what makes you feel safe is to limit attendance of large social events, but make sure you separate when you are isolating based on potential for sickness versus isolating because it's part of depression.
3. ***Get outside in nature—even if you are avoiding crowds.*** I took a walk yesterday afternoon in my neighborhood with my daughter. The sun was shining, we got our dose of vitamin D, and it felt good to both get some fresh air and quality time together. Exercise also helps both your physical and mental health.
4. ***Challenge yourself to stay in the present.*** Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control.
5. ***Stay connected and reach out if you need more support.*** Talk to trusted friends about what you are feeling. If you are feeling particularly anxious or if you are struggling with your mental health, it's ok to reach out to a mental health professional for support. You don't have to be alone with your worry and it can be comforting to share what you are experiencing with those trained to help.

**Other Thoughts:**

*Establish a routine and make a plan for your day.* Items to include in your plan are getting up, going to bed, eating meals, work, relaxation, and exercise.

*Do not become emotionally isolated.* Call, text, use social media, but reach out to people, especially those persons, like the elderly, who are most likely to become isolated.

*Talk to your children.* They know that there has been a change in your life and theirs. Ask them how they are doing and answer their questions in ways that do not spell gloom and doom.

*Take a break from the news.* We do not need to know every little update as it occurs. If your focus is only on the COVID-19 virus, it will just wear you down.

*Help others* – Have your kids go to the neighbor's house (respecting safe distance) and play musical instruments or sing for them. Offer to pick up and deliver food or other supplies for friends who do not feel comfortable venturing out. Grab a bag and gloves and pick up trash.

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