TIPS FOR COVID-19 STRESS

Mental Health & Recovery Services Board of Lucas County

COVID-19 (Coronavirus) concerns have the potential to impact your mental health. If you are feeling distressed, help and resources are available. We have compiled a few recommendations from the Ohio Department of Health Director Amy Acton, M.D., MPH, for coping with anxiety related to the COVID-19 outbreak, as well as local resources to utilize if you would like to get connected to assistance.

- Remember that distress, anxiety, fear, and strong emotions are normal in times of distress or crisis. Remind yourself and others that these feelings will fade.
- Get information from a trusted source.
- Learn and follow tips for preventing, preparing for and responding to COVID-19.
- Avoid excessive exposure to media coverage of COVID-19. It is important to get good information to help you prepare and respond, but don't overwhelm yourself or your family with information.
- Eat nutritious food, exercise, get adequate sleep, stay hydrated, avoid alcohol and drugs, and make time to relax and unwind.
- Incorporate stretching or meditation into your routine. Take deep breaths when feeling overwhelmed.
- Stay connected with friends and family. Discuss your concerns and be supportive of theirs.
- Keep participating in hobbies/activities that do not expose you to close contact with others in confined spaces.
- If you have a mental health condition, continue with your treatment plan and monitor for any new symptoms. Call your healthcare provider with any concerns.
- Recognize signs of distress:
    - Feeling hopeless or helpless.
    - Feelings of numbness, disbelief, anxiety or fear.
    - Changes in appetite, energy, and activity levels.
    - Difficulty concentrating.
    - Difficulty sleeping or nightmares and upsetting thoughts and images.
    - Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
    - Worsening of chronic health problems.
    - Anger or short-temper.
    - Increased use of alcohol, tobacco, or other drugs.
- Call your healthcare provider if your feelings overwhelm you for several days in a row.
- Reach out for help:
    - Call the **Recovery Helpline** at 419-255-3125, available 24/7, to get connected to mental health or substance use disorder treatment.
    - Call the **Lucas County COVID-19 Emotional Support Line** at 419-442-0580, if you need someone to talk to.
    - Reach the Ohio Crisis Text Line* by texting keyword 4HOPE to 741-741.
    - Individuals who speak Spanish may also contact the Adelante Latino Resource Center from 9 a.m.-5 p.m. (Monday-Friday) at 419-244-8440 for a Behavioral Health Navigator.
    - Contact the Substance Abuse and Mental Health Services Administration's national Disaster Distress Helpline by calling 1-800-985-5990 or texting TalkWithUs to 66746.
    - Reach the Ohio Mental Health and Addiction Services Help Line* at 1.877.275.6364

Ways to Cope with Strong Feelings Related to COVID-19 retrieved March 20, 2020 from: https://mha.ohio.gov/Health-Professionals/About-Mental-Health-and-Addiction-Treatment/Emergency-Preparedness/Coronavirus