

# Mental Health During COVID-19

**Signs of stress** during an outbreak like COVID-19 can include:



- Fear and worry about you or your loved ones' health.
- Changes in sleeping or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic & mental health problems.
- Increased use of alcohol, tobacco, or other drugs.

## Managing Stress During COVID-19

There are steps you can take to cope with stress:



- Recognize the signs of stress.
- Talk to your doctor and people you trust about how you're feeling.
- Limit time on the internet – read books.



- Take care of your body:
  - Get regular exercise and plenty of sleep
  - Take deep breaths, stretch, or meditate
  - Avoid alcohol and drugs
- Find time for things you enjoy doing.

## People at Higher Risk for Severe Illness

People at high risk, such as older adults, are also at increased risk of stress due to COVID-19.

Common reactions include:

- Concerns about their health because they're at higher risk.
- Concerns that regular medical care may be disrupted.
- Feeling socially isolated.
- Increased level of distress due to:
  - Experience stigma because of age, race, or ethnicity
  - Live in lower-income households or have language barriers
  - Pre-existing mental health concerns



## Supporting Your Loved Ones



- Check in with them by phone, email, mailing letters or cards, or video chat.
- Get them a 4-week supply of prescription medications.
- Monitor what other medical supplies they need.
- If they live in a care facility, monitor the situation and speak with facility administrators.

## Resources If You Would Like to Talk to Someone

### National Alliance on Mental Illness Minnesota (NAMI)

- Offers virtual support groups and resource guide for parents and caregivers of children.
- Warm line – **651-288-0400** or text **"SUPPORT"** to **85511**

### Minnesota Department of Health (MDH)

- Has adult mental health crisis team – call **your county's** crisis response phone number.
- Crisis text line – text **"MN"** to **741741**

### SAMHSA

- Disaster distress helpline – **1-800-985-5990**

### Sources:

MDH - <https://www.health.state.mn.us/diseases/coronavirus/materials/index.html>

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



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