THE CORONA VIRUS OUTBREAK (COVID- 19) AND YOUR MENTAL HEALTH

MANAGING STRESS, ANXIETY IN RESPONSE COVID- 19 IN NEVADA

The outbreak of coronavirus (COVID– 19) can be stressful for individuals, families, and communities. Concerns about the spread of a disease and its possible effects on jobs, health, and the economy can be overwhelming, leading to strong emotions in adults and children.

Learning how to cope with the stress and knowing about available resources will help us all be stronger together.

Responding to stressful situations: The COVID outbreak is bringing about many stressful situations including:· Fear of job loss· Child-care due to cancellation of schools· Fear of exposure to COVID· Anxiety and depression from self- isolation

How individuals respond to the COVID outbreak depends on your background, situation, and the community you live in:People who may feel more stressed during the outbreak include:

- Older people and people with chronic diseases who are at higher risk for COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use

Stress during an infectious disease outbreak can include·

- Anxiety and concern about the health of you or your loved ones·
- Changes in sleep patterns or inability to sleep
- Changes in eating·
- Increased use of alcohol or substances

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Taking care of yourself during the COVID Outbreak:
 There are many ways to help you and the one's you care about cope with stress: ·
- Take breaks from watching, listening to, or reading news and social media focused on COVID-19·
- Take care of your body
- Try to exercise or move every day
- Take deep breaths, stretch, or meditate
- Try to eat healthy meals, get at least 8 hours of sleep, and avoid alcohol or drugs.
- Make time to relax and unwind: Engage in activities you enjoy
- Connect with others
- Talk to people you care about and trust about your concerns and stress about COVID- 19.
- Continue to take your medications and stay engaged in treatment
- People with preexisting mental health and other chronic health conditions should continue with their treatment and be aware of new or worsening symptoms.

* Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Learning about COVID- 19 can make the outbreak less stressful:
- Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful
- When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.

Learn more about taking care of your emotional health at: (https://emergency.cdc.gov/coping/selfcare.asp)

RESOURCES

If you, or someone you care about, are feeling overwhelmed, stressed, or anxious about COVID call: ·
 Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
Crisis Support Services of Nevada

If you are concerned about having COVID, you can reach out to one of your local public health authorities or the State of Nevada Health Authority:
- Nevada Division of Public and Behavioral Health (775) 400-0333 (24/7)
- Carson City Health and Human Services: (775) 887-2190
- Southern Nevada Health District: (702) 759-1300
- Washoe County Health District: (775) 328-2447

Crisis Lines
- Crisis Support Services of Nevada: (800) 273-8255, or text CARE to 839863
- NAMI Warmline: (775) 241-4212
- Mobile Crisis Response Team (for youth), Northern: (775) 688-1670
- Mobile Crisis Response Team (for youth), Southern: (702) 486-7865
- CARE Team (rural Nevada adults): (877) 283-2437