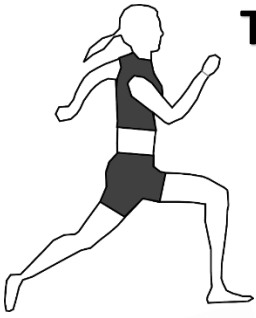
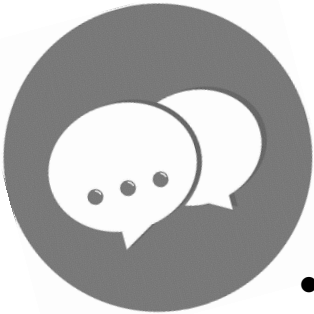
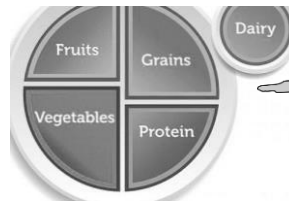


# **Mental Health During the Pandemic**



## **Take care of your physical health**

- Exercise daily
- Eat meals on time



## **Talk to a professional when needed**

- Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line : Text HOME to 741741 (24/7/365)
- Crisis Connections: 866-4-CRISIS (866-427-4747)
- Teen Link: call or text 866-833-6546
- National Disaster Distress Helpline: 800-985-5990 or text "TalkWithUs" to 66746
- Washington Listens: 833-681-0211
- Washington Warm Line: 877-500-WARM (877-500-9276)

## **Practice self-care**



- Take breaks from watching, reading, or listening to news stories.
- Make time to unwind
- Connect with friends & family – online, by phone, in-person (if safe)
- Connect with your community – Mosaic, church, service group, etc.
- Use a Smart Phone app, examples:
  - Healthy Minds Program
  - Stop, Breathe & Think
  - Happify
- Use a Corona Virus-specific toolkit for working through your anxiety: [virusanxiety.com](https://virusanxiety.com)