

Feeling stressed or anxious about the COVID-19 pandemic?

Use these tips to reduce your stress and anxiety:



Limit or avoid news coverage if it causes you more stress and anxiety.



Focus on positive things in your life that you can control.



Keep stress under control by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.



Talk about your experiences and feelings to loved ones and friends, if you find it helpful.



Connect with others who may be experiencing stress about the pandemic.



Take time to renew your spirit through meditation, prayer, or helping others in need.



If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else, call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

ADDITIONAL RESOURCES:

The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline (DDH) provides counseling and support before, during, and after disasters. Contact the DDH at 1-800-985-5990 or text **TalkWithUs** to 66746.

SAMHSA's National Helpline: 1-800-662-HELP (1-800-662-4357)

In Lorain County, Ohio, you also can call the local mental health hotline at 1-800-888-6161 or text 4HOPE to 741741. For non-emergency services, call the Navigator at 440-240-7025, or visit mharslc.org.

SAMHSA
Substance Abuse and Mental Health
Services Administration

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TTY) • <https://www.samhsa.gov>

PEP20-01-01-015

HOW CAN YOU TELL

IF YOU OR SOMEONE ELSE NEEDS HELP TO GET THROUGH A TOUGH TIME?

If feelings of stress, worry, or anger last 2 weeks or more and get in the way of daily functioning; if coping in unhealthy ways, like eating, sleeping or drinking too much, or relying on drugs, then use these resources:

MHARSLC.ORG

24/7 Mental Health and Addiction Crisis Hotline: 1-800-888-6161

Crisis Text Line: 4hope to 741741

Domestic Violence: 1-866-213-1188

Not sure these resources fit your needs? Call the non-emergency Navigator for options: 440-240-7025

**OHIO'S
COVID
CARE
PROGRAM**

OTHER SIGNS:

SOCIAL WITHDRAWAL

- Sitting and doing nothing for long periods of time
- Losing friends, unusual self-centeredness
- Dropping out of previously enjoyed activities
- Declining academic, work or athletic performance

IRREGULAR EXPRESSION OF FEELINGS

- Hostility from one who is usually pleasant and friendly
- Indifference to situations, even highly important ones
- Inability to express joy
- Laughter at inappropriate times or for no reason

CHANGES IN BEHAVIOR

- Hyperactivity, inactivity, or alternating between the two
- Lack of personal hygiene
- Noticeable and rapid weight loss or gain
- Involvement in automobile accidents
- Drug and alcohol abuse
- Forgetfulness and loss of personal possessions
- Moving out of home to live on the street
- Bizarre behavior, e.g. skipping, staring, grimacing
- Unusual sensitivity to noises, light, clothing

MOOD DISTURBANCE

- Deep sadness unrelated to recent events
- Loss of interest in activities once enjoyed
- Expressions of hopelessness
- Excessive fatigue, or an inability to fall asleep
- Pessimism
- Thinking or talking about suicide

HELP

where you are.

HOPE

when you need it.

PHYSICAL SIGNS OF OVERDOSE

- Slow breathing or no breathing
- Vomiting
- Face is pale and clammy
- Blue lips
- Slow, erratic or no pulse
- Snoring or gurgling noises while asleep
- No response when you yell the person's name or rub the middle of their chest with your knuckles

An overdose is a medical emergency and 911 should be called immediately.

Some information is from "Navigating a mental health crisis: A NAMI resource guide for those experiencing a mental health emergency." Please read the entire booklet at www.nami.org.

