Mental Health and COVID-19 Information & Resources

Resources compiled by Mental Health America: https://mhanational.org/covid19

COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, the coronavirus (COVID-19) is new and presents a situation that none of us could have imagined a few short months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, and quarantine measures which have disrupted our daily lives. It is more important now than ever to pay attention to mental health during this time of isolation and uncertainty.

YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:

- Getting sick
- Passing the virus onto others, especially those that are high-risk
- Adjusting to a new reality for an uncertain amount of time
- Concern about the health of your friends and family
- Taking care of and supporting your family
- Financial stress
- Not being able connect with friends and family the way you’re used to
- Shortages of certain common supplies