

# MENTAL HEALTH AND COPING

## During COVID-19

### FOR YOU

- Take breaks from watching, reading, or listening to news stories.
- Ensure you are getting your news from a reliable source.
- Eat healthy, well-balanced meals, exercise regularly and get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy or catch up on old projects.
- Talk with people you trust about your concerns and how you are feeling.
- If you are in a mental health crisis utilize the Crisis Text Line, by texting "4hope" to 741741. Or you can call 1-800-826-1306.

### FOR YOUR KIDS

- Create a schedule for studying, learning new skills, exercising, relaxing and fun activities.
- Take time to talk with your child about the COVID-19 outbreak.
- Share with them how to deal with stress in a healthy way so they can learn from you.
- Limit your family's exposure to news coverage of the event, including social media.

**419-448-0640**

Local resources  
& support services

**CRISIS HOTLINE 24/7**  
**1-800-826-1306**

**419-557-5835**

COVID-19 helpline for  
healthcare workers & first  
responders



*Mental Health and Recovery  
Services Board of Seneca,  
Sandusky and Wyandot Counties*