

Tools for Life – Weekly Health & Safety Meeting



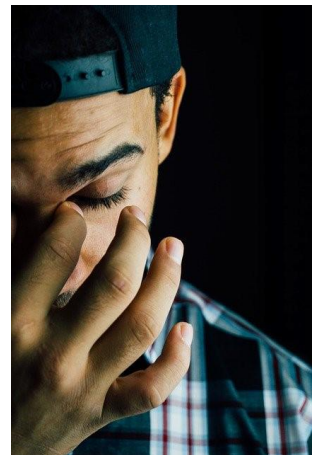
Home Healthy - Home Safe
December 2020

Living With Mental Illness during COVID-19

HEALTH REMINDER: “It is okay to have depression, it is okay to have anxiety and it is okay to have an adjustment disorder. We need to improve the conversation. We all have mental health in the same way we all have physical health.” — Prince Harry

Just as individuals with pre-existing physical illness are more likely to get physically ill from the coronavirus, people whose mental health is compromised are at greater risk of experiencing worsening mental illness as a result of the coronavirus – no matter what their mental illness may be.

Clinical anxiety is a concern at times like this. It is understandable and expected that people will experience worry and stress during this time. However, for individuals living with mental health conditions, it is important to know when these natural emotions are becoming anxiety. Anxiety is a treatable clinical condition that should not be left untreated. Testing for anxiety is simple and takes just a few minutes. It can be done at home using the free, anonymous, and confidential online tools at www.mhascreening.org.



If you are on medication, make sure you have enough medication on hand. It is very important that you continue to take your prescribed medication. If you stop taking it suddenly your symptoms may dramatically increase. Typically prescriptions can be filled a week or so before they run out. Refill them on the first possible day, because that can buy an extra few days of lowered stress about a prescription running out and not being able to get to the drug store to fill it.

Utilize resources like:

Crisis Text Line: (Text MHA to 741741)

Disaster Distress Hotline: 1-800-985-5990 or text TALKWITHUS to 66746

Online support groups (Like the Mental Health America Inspire community).