



How to manage your mental health and cope during COVID-19 (Coronavirus)

The outbreak of infectious diseases such as the recent COVID-19 (Coronavirus) can be a stressful time for individuals and communities. It is not uncommon to feel anxious or worried while listening, reading or watching the news. While it's necessary to keep up-to-date and make changes to daily life in order to help control the spread of COVID-19 (Coronavirus), the constant news cycle coupled with social distancing measures can have a real impact on mental health.

It's important during times like these to monitor your own physical and mental health, as well as safely stay connected to your community. Know the signs of stress and when and how to seek help for yourself, as well as loved ones.

Here are a few resources, credible information sources, and self-care tools for our mental health and wellbeing.

[2-1-1 Monterey County](#)

Resources for Families, Parents & Caregivers:

- Child Mind Institute: [Supporting Families during COVID-19](#)
- Resource Guide for Families: [Quality Matters Resource Guide - COVID-19](#)
- Monterey County Office of Education: [COVID-19 Resources and Supports for Families](#)
- National Association of School Psychologists: [Talking to Children About COVID-19](#)
- NPR: [Just for Kids: A Comic Exploring The New Coronavirus](#)
- PBS: [How to Talk to Your Kids about COVID-19 \(tips, videos & resources\)](#)
- National Child Traumatic Stress Network: [Guide for Parents and Families](#)

Relevant and informative resources:

- CDC: [Mental Health & Coping During Covid-19](#)
- CDC: [Stigma and Resilience During Covid-19](#)
- CDC: [Helping Children Cope with Emergencies](#)



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- SAMHSA: [Coping with Stress During Infectious Disease Outbreaks](#)
- SAMHSA: [Taking Care of Your Behavioral Health: Social Distancin](#)
- California Department of Public Health: [Guidance Documents](#)
- California Immigrant Youth Justice Alliance. [Covid-19 Resources for Undocumented Californians.](#)
- Administration for Community Living: [Adults with Disabilities and Seniors](#) also [In Spanish](#)

Online or phone supports:

- [SAMHSA's Disaster Distress Line](#): Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- [Teen Line](#): Call (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6pm to 10pm PST or Text "TEEN" to 839863 between 6:00pm-9:00pm PST to receive person teen-to-teen education and support.
- [The Peer-Run Warm Line](#): Call 1-855-845-7415 for peer-run non-emergency emotional support.
- [Suicide Prevention Services](#): Lifeline (24/7) Call 1-877-663-5433
- [Monterey County Rape Crisis](#): (24/7) Call 831-424-4357 or 375-4357
- [YWCA - Domestic Violence Resources](#): (24/7) Call 831-757-1001 or 372-6300

Emotional Support and Wellness:

We know that human connection is one of the most critical protective factors for good mental health. But how can we stay in connection while still following medical guidance to limit your exposure to others? Community isn't just about proximity, it's first and foremost a mindset about who we consider to be "our own." In the face of social distancing, remember that we all need one another -- maybe more than ever -- to get through difficult times like these. Staying *emotionally connected* as a community even



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if we temporarily become more physically isolated is critical to all our mental health. Learn more at [Community Connections in Times of Physical Separation.](#)

Mindfulness Meditation and Yoga:

- [Mindfulness Meditation for Feeling Safe - Rick Hanson](#)
- [5 Minute Mindfulness Meditation - Diana Winston](#)
- [Weekly Meditations with Dr. Rick Hanson](#)
- [UCLA Mindfulness Awareness Center Guided Meditations](#)
- [Mindfulness Resources](#)
- [Down Dog Yoga app - free through April 1st for public and through July 1st for educators and students](#)