

5 MENTAL HEALTH CONSIDERATIONS FOR HOLIDAYS DURING COVID-19



Know Your Needs

We have a lot of hard decisions to make. Start with the facts, reflect on your reactions, decide what you need, and keep communicating. Learn more [here](#).



Connect

Connecting can be especially difficult if you're in an unsupportive environment. Learn more about doing your best to care for yourself [here](#) and [here](#).

Connect with people, whether at a distance or as safely as possible in person.



Feel Your Feelings

Grief & Loss

Many of us have lost loved ones this year. Learn more about feeling difficult emotions at [HowRightNow.org](https://www.howrightnow.org) and learn about celebrating your loved one's life in these unprecedented times [here](#).

Worry & Isolation

Learn about coping with worry and isolation related to COVID-19 [here](#).



Notice Concerns

Holidays can bring up mental health concerns, including concerns with eating and substance use. These usual concerns can be combined with isolation and stress related to the pandemic. Learn more about getting support for eating concerns [here](#), and for substance use during COVID-19 [here](#).



Remember You're Not Alone

IMMEDIATE HELP

Crisis Text Line

Text HOME to 741741

Suicide Prevention Lifeline

800-273-8255

MOBILE CRISIS RESPONSE OPTIONS

SOMEONE TO TALK TO

SAMHSA Disaster Distress Hotline

1-800-985-5990

NYC Well Line

Call: 1-888-NYC-WELL

Text: "WELL" to 65173

FOR THE FULL MENTAL HEALTH RESOURCE GUIDE, CLICK THE LINK OR SCAN THE QR CODE



<https://tinyurl.com/y4bk78x6>