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.

Feel Your Feelings

Grief & Loss
Many of us have lost loved ones this year. Learn more about feeling difficult emotions at 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.

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.

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

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