

Taking care of your mental health while social distancing, isolating, or quarantining

Reach out for support

- Connect with the Washtenaw County Community Mental Health CARES team at **734-544-3050** for support and resources about ANY mental health question. The CARES line remains fully staffed and available 24/7 during the COVID-19 response.
- Text SHARE to the Crisis Text Line at 741741
- Even if you can't be together physically, let trusted people in your life know about your worries, fears, frustrations, AND plans for self-care.

Stay connected

- Call or video-chat family or friends. Science shows that hearing a loved one's voice comforts the brain.
- Join virtual gatherings, like community meetings or free fitness classes and concerts.
- Notice if you're not reaching out because of low mood rather than social distancing reasons.
- Check in with someone you trust for a few minutes every day.

Make a routine

- Routines help us feel more grounded when things feel out of our control.
- Staying active with things that feel productive and fun can help us manage the extra stress and anxiety.
- Make a schedule for how you'll structure today to balance work with time for self-care, relaxation, and (safe/virtual) social connection.

Limit information overload

- Set a time limit for focusing on coronavirus anxiety and plan mental health breaks to allow your body and mind time to recharge.
- Get the information you need from the links below. Moderate other news intake and limit exposure to mass hysteria online.
- Most accurate and up-to-date Washtenaw information: www.washtenaw.org/COVID19
- Michigan information: www.michigan.gov/coronavirus
- National information: www.cdc.gov/COVID19
- Global information: www.who.int/coronavirus
- Washtenaw County Health Department social media: [Facebook](#), [Twitter](#), [Instagram](#)
- [@wishyouknewwashtenaw](#) is sharing coronavirus mental health tips on [Instagram](#)

Practice deep breathing exercises, mindfulness, or other methods of meditation

- It's easy for our worries to get ahead of the current moment. As we face uncertainty it's important to stay grounded in the present.
- There are many free meditation and mindfulness apps and online resources.
 - **Insight Timer** - mindfulness to reduce stress, anxiety, improve sleep and relaxation through guided meditations, talks, and music
 - **Aura** - improve sleep and reduce stress, anxiety through meditations, stories, music, and more
 - **Breath: Meditation & Sleep** - Destress, sleep better, be healthier with meditations and music
 - **Smiling Mind** - guided meditations and mindfulness exercises for kids and adults
 - **Stop, Breathe & Think** - stay tuned in with your emotions and destress through mindfulness and compassion exercises
 - **The Mindfulness App** - relax, calm, focus, sleep
 - **Clear Fear** - helps youth manage anxiety symptoms
 - **Combined Minds** - helps families and friends provide mental health support
 - **What's Up** - help to cope with depression, anxiety, stress, and more
 - **Mind Shift** - designed for young adults struggling with anxiety
 - **Happify** - mood training program
 - **MoodTools** - supporting people with depression