



APRIL TIP SHEET

As the coronavirus advances across the country, more Americans are staying in their homes. That sort of "social distancing" is considered essential to slowing the spread of the virus and easing the burden on the health systems. The fact that there's so much urgency to disconnect can create a lot of fear. People have been forced to change their day-to-day lives in ways they likely didn't see coming. **For those who struggle with depression, anxiety and other mental health issues, this can be an especially challenging time. The following tips below can help you.**



- If you typically attend therapy sessions outside the home, **talk to your behavioral health provider about tele-therapy, video therapy** or other online mental health services. It is important to continue these sessions using these stay home options!
- To ensure access to prescribed medications, you can **ask your health care provider about getting a 90-day supply** vs. a 60 or 30-day supply. If this is not possible, be sure to refill your medications as soon as they are allowed.
- Pay attention to emerging symptoms.
- **Provide self-care. Stay on a routine of sleeping, waking, taking medications and eating at regular times.** Netflix and chilling is fine without going overboard. Limit screen time and avoid intensely focusing on news updates more than once a day.
- Maintain human contact as best as you can. **Reach out to family and friends** as the need for social distancing or self-isolation continues. If more than one person is hunkering down in the same place, shared activities, such as playing with children or having conversations that focus on pleasant topics, can be positive distractions. **If you are alone, connect with loved ones even if it's virtually through FaceTime, Zoom, Skype, or telephone.**