

Tips on How to Maintain Your Mental Wellness During COVID-19



Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.



Take deep breaths, stretch, or meditate.



Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.



Make time to unwind.



Try to do some other activities you enjoy.



Talk with people you trust about your concerns and how you are feeling.

Mental Health Partners (MHP) is continuing to provide essential mental health and addiction recovery services to our clients and community members. We are still accepting new clients with assessment and evaluations being offered via telehealth.



Call today: (303) 443-8500

*If you or someone you know is experiencing a mental health crisis please call the
Statewide Crisis Line: 1-844-493-TALK*

In Uncertain Times, Anxiety and Stress Can Increase

It is understandable that during a public health crisis like COVID-19, individuals can feel overwhelmed with emotions like fear, anxiety and stress. These emotions can manifest in:

- Changes in sleep or eating patterns
- Worsening of chronic health problems
- Difficulty sleeping or concentrating
- Increased use of alcohol, tobacco, or other drugs

Everyone Reacts Differently

It is also important to remember that everyone reacts differently to stressful situations. How a person responds to this public health crisis can depend on your background, the things that make you different from other people, and the community you live in. There is no right or wrong way to respond to a public health crisis of this magnitude. Having patience with yourself, and your loved ones, will help navigate through this challenging time. Keep in mind individuals listed below may respond more strongly to the stress of a crisis:





- Older people and people with chronic diseases who are at higher risk for COVID-19
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
- People who have mental health conditions including problems with substance use
- Children and teens

Knowing The Facts Can Reduce Stress

One way to reduce stress is to check reputable sources about COVID-19. A great resource to check regularly is the Centers for Disease Control and Prevention www.cdc.gov. They have a full site that provides the latest information and facts on COVID-19, including how to keep yourself healthy; what to do if you get sick; resources for caregivers; and more.

Stay Connected!

During this public health crisis, MHP is committed to providing our community helpful tips and support for their mental health well being, as well as community resources. The best way to ensure you are receiving the most updated information is to connect with us via the following spaces:

-  @MentalHealthPartnersCO
-  @MentalHealthCO
-  COVID-19 Page: www.mhpcolorado.org/covid-19-updates
-  Our Community Health Workers - Helping Navigate Local Resources: www.mhpcolorado.org/community-health-workers/

The COVID-19 Public Health Crisis & Increased Suicide Risk

The current COVID-19 public health crisis and its many stressors can increase feelings of isolation, despair, anxiety and suicidal ideation - even among those who haven't experienced these feelings in the past. These are common reactions in times of uncertainty or when there's a perception of danger. Social connection has proven critical to providing support for these feelings, and for helping reduce suicidal ideation and saving lives. However, in an era of social distancing, it may seem challenging to provide this type of support to friends and family.

See below for information on how to provide support during this challenging time



Connecting During Social Distancing

- Utilize technology to bridge the physical distance between family, friends, neighbors and colleagues.
- Check-in with people often - even a quick text or phone call can make the difference.
- Get online. Social media is a wonderful way to stay updated and connected, as well as foster social connections with those around you.




Take Care of Yourself

- Practice self-care and mindfulness - and encourage family and friends to do the same.
- You don't have to be "perfect" to cope successfully. Everyone is making it up as they go along and doing their best.
- Set aside time everyday to step away from the news and enjoy other activities.



Recognize and respond when someone is reaching out for help

On the back of this flier, there is information on how to respond to invitations from someone who is displaying suicidal ideation. These tactics can be used in person or via phone or video call.



Seek professional help

- Call or text 1 (844) 493-TALK (8255) or text TALK to 38255 for 24/7 mental health crisis support
- Mental Health Partners is still accepting new clients. Call (303) 443-8500 to receive an assessment today.

Be A Part of the Community Working to Prevent Suicide

How to recognize when someone may be reaching out for help

Verbal Invitations

Someone may be inviting support if they are talking openly about:

- Ending their life
- Feelings of hopelessness
- Struggling to find a reason to live
- Feeling that they are a burden to those around them
- Feelings of being trapped

Behavioral Invitations

Some behavioral signs that may be inviting you to help:

- Increased substance use
- Researching suicide methods and/or tools
- Withdrawal from regular activities & relationships
- Giving away personal possessions
- Too little or too much sleep
- Intentionally saying goodbye

Emotional Invitations

Emotional invitations may be displayed as one or more of the following moods:

- Depression
- Anxiety
- Loss of interest & motivation
- Humiliation & Shame
- Relief and/or a sudden improvement in mood
- Irritability

HOW YOU CAN HELP



Approach

- Choose a time when you are alone. If the conversation is online or over the phone, make sure you both have privacy
- Begin the conversation in a calm manner
- Help them open up by asking a question: "How are you?"
- Share your specific observations such as: "I've noticed you are staying home a lot" "You seem really tired"



Listen

- Focus on compassionate listening
- Make eye contact if you're together or on a video chat. If you're on the phone you can say things like "I am listening" or repeat back something the person has just said.
- Ask them how long they have been feeling this way
- Continue asking questions to keep the conversation going



Ask

- Take note and reflect back invitations out loud. Example: "I am hearing that you are working through some really big things right now"
- Connect these invitations to suicide. Example: "Sometimes when someone is grappling with such big issues they are thinking about suicide"



Ask the question "Are you thinking about suicide?"

If someone is in imminent risk do not leave them alone. Call 911. If there is not an immediate safety concern call the Statewide Crisis Line directly at 1-844-493-8255 or text TALK to 38255



Connect & Reassure

- Acknowledge and affirm their emotions
- Brainstorm helpful options and resources together
- Encourage and assist your friend in connecting to appropriate professional resources



Check Back In

- Treat a mental health crisis the same way you would treat a physical health crisis. Do not hesitate to check back in with your friend regularly as a trusted resource
- When in doubt, continue checking in. There is a high probability this person is still in need of your support



**Mental Health
PARTNERS**

Healthy minds, healthy lives, healthy communities

10 Tips for Parents and Children During COVID-19 Quarantine

1. **Talk to your children about COVID-19 in an age appropriate manner.** Children are looking to adults for guidance on how understand and react to stressful situations. Calmly providing an age appropriate explanation and reassurance will put children's worries at ease.
 - **PBS:** <https://www.pbs.org/newshour/health/10-tips-for-talking-about-covid-19-with-your-kids>
 - **CDC:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
 - **Department of Health and Human Services:** <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>
2. **Name feelings.** During this time of stress, parents and children will experience a range of intense emotion. Talking about feelings in relation to COVID-19 will help. Research shows that naming emotions supports children (and parents) in feeling seen, heard and understood. In addition, it helps regulate emotions so that we can regain capacities to think and problem solve, which are essential these times.
 - **"I can see that you are worried. You are asking so many great questions."**
 - **"I know you are really frustrated that we are not able to go to the store or recreation center."**
 - **"Mom is really stressed right now but you don't need to worry. Mom can take care of it."**
3. **Learn at home.** It is beneficial for children to continue to learn while at home, to challenge themselves and discover new things. It will help prevent them from feeling stir crazy.
 - **Scholastic offers daily projects:**
<https://classroommagazines.scholastic.com/support/learnathome.html>
 - **PBS kids 24/7 channel with education series, games app and parent website for further information and tips:**
<https://pbskids.org/grownups/>
 - **Online tours of museums and zoos:**
 1. <https://theknow.denverpost.com/2020/03/19/denver-art-virtual-tours-classes-coronavirus/235636/>
 2. <http://cincinnatizoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>
 3. <https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/>
 - **Other ideas include cooking, art projects, puzzles, board games or writing letters**
4. **Discussing and creating a schedule that works for your family.** Consistency and predictability are key to managing anxiety. Sit down with your family to create a schedule that allows for time for work, play and relaxation.
 - **San Jose Mercury news has a printable and customizable schedule maker:**
<https://www.mercurynews.com/2020/03/15/what-to-do-with-kids-out-of-schools-closed-by-coronavirus-use-this-free-schedule-maker-to-plan-the-day/>
 - **Another option:** <https://www.canva.com/create/weekly-schedules/>

5. **Find a time during the day to do what helps you relax.** It's important to do this as a family but equally important to allow for time alone. Allowing for alone time will support feeling recharged and less overwhelmed.
 - **Reading a book, crafts, handiwork around the house, having a cup of tea or special comfort food**
 - **Creating a “chill out corner” can also be helpful for young kids, you can include blankets, pillows, books, fidget toys, etc.**
6. **Stay in touch with friends and family members.** It is vital during an isolation period to still feel connected to others. By doing so, you have an outlet to share what's going on with yourself and others. We're all in this together!
 - **Call a friend or video chat**
 - **Write letters**
7. **Keep moving.** It is very important to still move our bodies while being stuck at home. This not only is important for our physical health but necessary for our mental health.
 - **Play sports (soccer, basketball, football, etc.)**
 - **Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
8. **Get Outside.** It is a challenge to be inside all day, especially for young children that have never ending energy. Create time each day for you to step time outside. The fresh air will be good for you and your child.
 - **Go for a bike ride or walk**
 - **Start a small garden**
 - **Make a picnic**
 - **Make a scavenger hunt looking for birds, bugs and plants.**
9. **Limit news.** For your mental health and the mental health of your children, limit the news. Find a balance between staying informed and managing your family's anxiety. Limit yourself to checking the news in the morning, mid-day and after work.
10. **Take it day by day and have compassion for yourself.** It is hard to predict what will happen tomorrow, next week or in a month. Thinking of all the what-ifs associated with the future can generate stress and anxiety. Take it day by day and do so with compassion. This situation is new to all of us and we are all doing the best we can. Be nice to yourself!

Call our Warm Line at (303)245-4418 for additional support.





During the COVID-19 Public Health Crisis, We Are Here For You.

In response to the rapidly spreading COVID-19 public health crisis, Mental Health Partners is committed to providing essential mental health and addiction recovery services to our clients and community members. Please see below for detailed information:

- **Mental Health Partners is still accepting new clients. Call: (303) 443-8500.**
Individuals will receive an assessment over the phone. We will be providing most of our services remotely (via video or phone).
- **These locations are open for medication administration and appointment-only medication evaluations.** Clients should coordinate with their provider or CARE staff before arriving at these locations and will be asked the six COVID-19 screening questions prior to being allowed entry:
 - Ryan Wellness Center | 1000 Alpine Ave, Boulder, CO 80304
 - Broomfield Clinic | 899 US Hwy 287 – Suite 300, Broomfield CO, 80020
 - Wellness Education Center | 834 South Sherman Street, Longmont, CO 80501
- **Mental Health Crisis Support Available**
The 24/7 Walk-in Crisis Center & Addiction Services remains open.
 - Community member who are not experiencing COVID-19 symptoms can still utilize the Walk-In facility at 3180 Airport Road, Boulder CO.
 - If you are sick or experiencing COVID-19 symptoms, please call or text 1 (844) 493-TALK (8255) or text TALK to 38255 to receive mental health crisis support.
- **These locations are closed to clients:**
 - Boulder Child and Family Services on Broadway
3470 Broadway, Boulder, CO 80304
 - Norton Center for Behavioral Medicine | 975 North Street, Boulder, CO 80304
 - Broomfield Clinic (799 location only)
799 US Hwy 287 – Suite F, Broomfield CO, 80020
 - St. Vrain Community Hub | 515 Coffman Street
2nd & 3rd Floors, Longmont, CO 80501
 - Lafayette Clinic (Coal Creek, Moving Beyond Trauma and Outpatient Services)
1455 Dixon Ave, Lafayette CO 80026
- **All Mental Health Partners' group activities and community rooms are suspended.**
This includes including group classes, workshops, trainings, community rooms, computer lab, the Chinook Café at Ryan Wellness Center, etc.