Mental Health Resources During COVID-19

Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This can appear as:

- Changes in sleep or eating patterns.
- Worsening of chronic or mental health conditions.
- Fear or worry about your health and health of loved ones.
- Increased use of alcohol, tobacco, and other drugs.

How can I cope with stress?

- Avoid excessive exposure to media coverage, including on social media.
- Take care of your body by eating a balanced diet, exercising, stretching, and avoiding alcohol and drugs.
- Make time to unwind.
- Connect with others through calls, texts, and the internet.

Need to connect?

- 24/7 Intentional Warm Line: Call 866-771-9276.
- NAMI Maine’s Teen Text Line: Call 207-515-8398.
- Frontline Warm Line for those who are directly involved in the COVID-19 response: Call 207-221-8196 or 866-367-4440.

Where can I find resources?

- Find treatment options in Maine:
  - Dial 211: 207-874-2211, or text your zip code to 898-211.
  - SAMHSA Treatment Services Locator: findtreatment.samhsa.gov
- Substance Use Disorder Recovery: www.maine.gov/dhhs/samhs/virtual-recovery.shtml
- For General Mental Health Resources: www.namimaine.org

In crisis?

- 24/7 Statewide Crisis Line: Call or text 888-568-1112.
- Disaster Distress Helpline: Call 800-985-5990 or text "TalkWithUs" to 66746.

For more information: www.maine.gov/dhhs/coronavirus