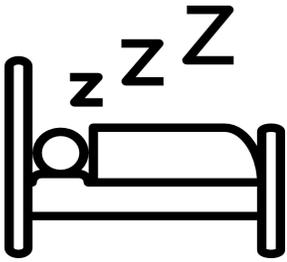


Mental Health Resources During COVID-19

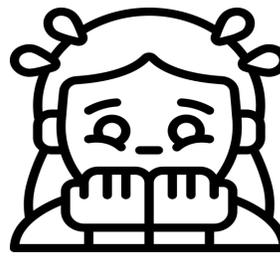
Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. This can appear as:



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.
- **24/7 Suicide Hotline:**
Call 800-273-TALK (800-273-8255).
Veterans Press 1 or text 838255.
En Español 888-628-9454.

For more information:

www.maine.gov/dhhs/coronavirus
www.maine.gov/dhhs/samhs/coronavirus.shtml

