

COVID-19

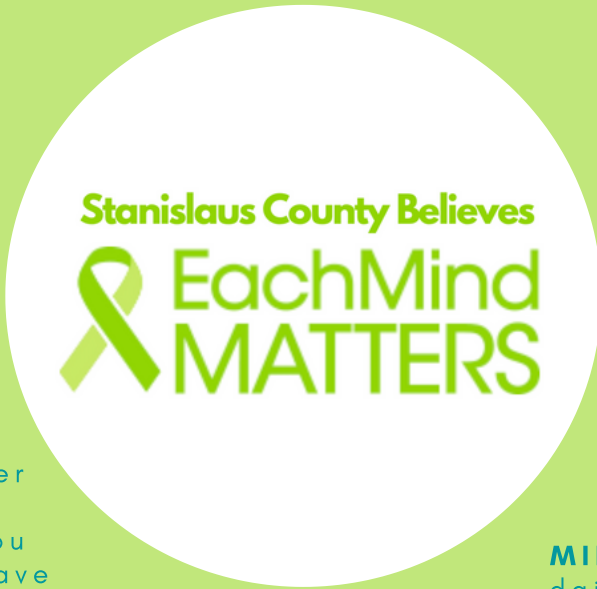
Mental Health & Wellness Tips and Where to Get Help in Stanislaus County

STAY INFORMED with reliable sources such as the Stanislaus County Health Services Agency:
<http://www.schsa.org>

PRESERVE DAILY ROUTINES as much as possible.

TAKE A BREAK from social media and news and don't overexpose yourself to too much information.

It is **IMPORTANT** to remember that asking for **HELP** is a **NORMAL** part of life, and you should never feel like you have to take on the world alone. If you are concerned that you or someone in your life may be **DRINKING** too much, using **DRUGS**, or dealing with **MENTAL ILLNESS**, there are **RESOURCES** available to help.



Maintain a **HEALTHY DIET**, engage in regular **EXERCISE** and get enough **SLEEP**.

Take advantage of **OUTDOOR ACTIVITIES** while still maintaining **SOCIAL DISTANCING**.

DO NOT ISOLATE, connect with others through appropriate **SOCIAL DISTANCING** or **VIRTUAL OPPORTUNITIES**.

Incorporating **MINDFUL** practices into your daily routine can help **CALM ANXIETY** and build **HEALTHY COPING SKILLS** such as **DEEP BREATHING, MEDITATION**, and etc.

HERE'S WHERE YOU CAN GO TO GET HELP IN STANISLAUS COUNTY:

1. Basic Needs: Contact 2-1-1 Stanislaus County
2. Mental Health: BHRS Warmline (209)-558-4600
3. Suicide Prevention: National Hotline Number 1-800-273-8255, Text HELLO to 741741
4. Love Our Neighbors (www.loveourneighbors.org)
5. Mental Health, Alcohol & Other Drug Services Access/Information Line
- (1-888-376-6246)
- www.stancounty.com/bhrs

