

From: Ministry of C.A.R.E and Laura McClain

In this time of continued COVID-19 and preparing for (or already experiencing) a second wave, we are concerned for the emotional and mental health of our parishioners. Accordingly, we will be sharing information on stress, anxiety and depression.

Our reference source will be cited as none of us have credentials in this area.

Take care of your mental health:

Mental health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency. People with pre-existing mental health conditions or substance use disorders may be particularly vulnerable in an emergency.

Mental health conditions:

1. Depression
2. Anxiety
3. Bipolar Disorder
4. Or Schizophrenia.....

affect a person's thinking, feeling, mood or behavior in a way that influences their ability to relate to others and function each day. These conditions may be situational or long-lasting. People with preexisting mental health conditions should continue with their treatment and be away of new or worsening symptoms. If you think you have new or worse symptoms, call your healthcare provider.

Get immediate help in a crisis by:

1. Calling 911
2. Disaster Distress Helpline (800-985-5990)
3. National Suicide Prevention Line (800-273-8255)
4. National Domestic Violence Hotline (800-799-7233)
5. The Eldercare Locator (800-677-1116)
6. Veteran's Crisis Line (800-273-TALK)

And so many more....

Our series will continue.....