



INFORMATION AND RESOURCE SHEET FOR FAITH-BASED ADVOCACY COUNCIL

HELP LINES:

- Los Angeles County Department of Mental Health 24/7 Help Line: 1 (800) 854-7771
- Call 9-1-1 in an emergency/imminent danger.
- National Suicide Prevention Line: 1 (800) 273-8255

REQUESTING MENTAL HEALTH PRESENTATIONS:

- LA County Department of Mental Health Speakers Bureau:
dmhspeakersbureau@dmh.lacounty.gov, or (213) 351-6444

ONLINE RESOURCE LINKS:

- LA County Department of Mental Health Online Resource Guides (including: Educational; COVID-19; Anti-Racism; Suicide Prevention & More): <https://dmh.lacounty.gov/resources/>
- Centers for Disease Control and Prevention (Adverse Childhood Experiences):
<https://www.cdc.gov/violenceprevention/acestudy/index.html>
- The National Child Traumatic Stress Network (Understanding Child Trauma):
https://www.nctsn.org/sites/default/files/resources/fact-sheet/understanding_child_trauma_and_the_nctsn_0.pdf
- UCLA Health (7 Steps to Reduce Pandemic Fatigue):
<https://connect.uclahealth.org/2020/07/07/7-steps-to-reduce-pandemic-fatigue/>
- Headspace (Guided Meditation- LACDMH is offering free premium subscription to LA County residents through the end of 2020): <https://www.headspace.com/lacounty>
- Giveanhour (Corona Mental health Resources): <https://giveanhour.org/emotional-wellbeing-resources/>

CORONAVIRUS: HEALTHY HABITS FOR EMOTIONAL WELL-BEING



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TAKE CARE OF YOU

- Tune in to how you're feeling daily.
- Take regular breaks from the news.
- Go for a walk or hike.
- Learn and practice meditation each day.
- Keep a food journal and plan ways to eat healthily.
- Get 8 hours of sleep and/or take a nap during the day!
- Listen to an inspirational podcast.



CHECK IN WITH OTHERS

- While maintaining social distance, use technology to stay connected with people in your life.
- Call or video chat a loved one, family member, or friend to check in on them and let them know you care.
- Write a letter to a loved one letting them know how much they mean to you.
- Take time to connect with an old friend via phone or email.



ENGAGE AND CONNECT WISELY

- Video chat your loved ones and "join" them for meals.
- Review your social media and screen time habits; follow positive people and messages.
- Create an online photo album to share with friends and loved ones.
- Learn a new hobby! Go online and learn how to paint or make a delicious meal!
- Pull out board games, puzzles, and cards.



RELAX AND REDUCE STRESS

- Listen to your favorite playlist.
- Weather permitting, work in your garden.
- Open that book you have been wanting to read and escape into its pages.
- Indulge in a hot bath.
- Catch-up on your favorite TV series.
- If you find it relaxing, tackle that junk drawer, pantry, or closet.

We wash our hands for our physical health, learn the Five Signs of Emotional Suffering to keep up with your mental health.



Not Feeling Like U?



R U Withdrawn?



R U Agitated?



Caring 4 U?



Feeling Hopeless?