



Mental Health Resources & Support

ANTRIM • CHARLEVOIX • CHEBOYGAN • EMMET • KALKASKA • OTSEGO COUNTIES

Coping with challenges of life during COVID-19

COVID-19 has impacted all aspects of our day-to-day living. Families are grieving the loss of loved ones, facing financial insecurity, fearing for their loved ones, and trying to adapt to disruptions in their normal routines and supports. Chronic stress like this can affect our health. It can disrupt sleep and eating habits and worsen chronic physical and mental health conditions. Across the nation, anxiety and depression are on the rise. Our community is not exempt from this and we know many are facing challenges.



Helping Children Cope with Changes Resulting from COVID-19

Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety. This is also a tremendous opportunity to model problem-solving, flexibility, and compassion as we all work through adjusting daily schedules, balancing work and other activities, getting creative about how we spend time, processing new information from authorities, and connecting and supporting friends and family members in new ways. These **TIPS** (<https://bit.ly/30QS6Qp>) may help.

Managing Stress

Anxiety is one of the most common mental health challenges and there are many ways that people can address anxiety and manage stress. Here are a few: practice deep breathing, spend time in nature, exercise, laugh, meditate, listen to music, call an old friend, massage your temples, stretch, take a break from social media and the news, take a walk, stay in the present.

Tools and Resources

- **Mental Health Guide** - <https://bit.ly/2Ce9hBG> (Centers for Disease Control and Prevention)
- **Parent/Caregiver Guide** - <https://bit.ly/3fOJuOe> (National Child Traumatic Stress Network)
- **Advice for the Public** - <https://bit.ly/33MgnbS> (World Health Organization)
- **Tips for Social Distancing** - <https://bit.ly/31yDvrM> (Substance Abuse and Mental Health Services Administration)



Access to Services, Crisis Intervention and new “Warm” Line

North Country Community Mental Health continues to provide support to the community during this COVID-19 pandemic including Access to Services, Crisis Intervention, and our new Warm Line.

Here is how you can contact us:

- **Access Services** by calling our Access Center at **877-470-7130**. You will receive a quick screening and an appointment within 14 days.
- Call our **Warm Line** (also **877-470-7130**) Monday through Friday 8:30 a.m. to 5:00 p.m. when you just want someone to listen and help you with your worries related to COVID-19. Tell us you want our “warm line.”
- If you are having a mental health emergency and need immediate assistance, call our **Crisis Line** 24/7 at **877-470-4668**.

ACCESS **877-470-7130**
WARM LINE **877-470-7130**
CRISIS LINE **877-470-4668**



www.norcocmh.org