

People with a mental health condition or prone to anxiety or depression should be proactive with their mental health during and after the Coronavirus Disease 2019 (COVID-19) pandemic.

CONSIDER YOUR TREATMENT OPTIONS

- **Ask your mental health provider about tele-therapy or mental health services online:** Many therapists and psychiatrists offer phone or video appointments. Most health insurance companies are covering telehealth services at this time.
- **Maintain a supply of your prescribed medication:** Ask your health care provider about getting 90-day supplies vs. a 60- or 30-day supply. If this is not possible, refill your medications as soon as allowed.
- **Take medications as prescribed:** Talk to your prescriber if you have any issues with your medication.
- **If you are in recovery, stay connected to a sponsor or sober peer:** Connect via phone or virtually.
- **Find substance use recovery support online:** Many recovery groups are offering virtual meetings.
 - [Alcoholics Anonymous](#)
 - [Narcotics Anonymous](#)
 - [SMART Recovery](#)
 - [In the Rooms](#)
- **Be aware of new or worsening mental health symptoms:** For mental health or substance use help:
 - Contact [Oakland Community Health Network's](#) Access line at 248.464.6363 to be screened and directed to local services.
 - Visit [Common Ground's](#) Sober Support Unit.
 - Call [SAMHSA's](#) National Helpline, 1-800-662-HELP (4357).
 - Search [SAMHSA's treatment locator](#).
 - Call the number on the back of your health insurance card for in-network providers.
 - Call the National Suicide Prevention Lifeline at 1-800-273-8255 or use their [lifeline chat](#).

FOLLOW THESE STEPS TO STAY MENTALLY AND EMOTIONALLY HEALTHY

- **Ensure your basic needs are met:** Stay hydrated, eat regularly, get adequate sleep, and maintain personal hygiene.
- **Develop a self-care plan:** Identify your self-care needs and include activities that make you feel safe and supported. Examples may include [relaxation techniques](#), positive self-talk, and social support. Review your self-care plan with your mental health provider or a trusted friend.
- **Maintain your normal routine:** Sticking to a routine or schedule can help curb negative thinking. Wake up and go to bed around the same time, get dressed in the morning, eat meals on a set schedule, and continue physical activity.
- **Keep your home tidy:** Keep the inside of your home organized and clean. Maintain boundaries around what you do in each room. For example, eat your meals at the kitchen table and do not work in your bedroom.
- **Connect with others:** Ask your friends to check in on you and check in on them as well. Find ways to connect by phone or virtually, like Skype or Google Hangouts.
- **Engage in pleasurable and meaningful activities:** Read a book, watch a movie, play games with your children, or work on a craft project. Depend on the activities that you've previously enjoyed or try something new.
- **Separate what is in your control from what is not:** There are things you can do, like washing your hands, being physically active, and engaging in mindfulness activities to help you stay in the present moment.

We are in this together, and help is available. If you're having thoughts of suicide, feeling alone and struggling, call or text the Common Ground Resource and Crisis Helpline at 1-800-231-1127 or chat online 24 hours a day, 7 days a week at www.commongroundhelps.org. Visit oakgov.com/covid for the latest Oakland County COVID-19 updates.