

Tips to Improve Mental Health

During the COVID-19 Outbreak

Covid-19 illness can range from mild to severe. The virus usually spreads from direct person-to-person contact. It can also live on surfaces for many hours. Many people are struggling with basic decisions about how to go about their lives. A lot of people are anxious and fearful.

3 Basic Tips to Improve Your Mental Health Right Now

Control What You Can

Things that are in your control are your:

- Thoughts- try to remain positive in your thinking.
- Feelings- work to express these through journaling or talking with others, do not suppress these.
- Behaviors- control use of alcohol, tobacco, and other substances. Use positive coping skills.
- Take care of you.

Limit Media Exposure

- *According to Psychiatric Times*, media coverage has highlighted COVID-19 as a unique threat, rather than one of many, leading to panic, stress, and the potential of hysteria.
 - If your attempt to stay connected is causing you additional stress, we recommend taking a break!
 - It's important to stay informed by checking reliable sources. Constant scrolling your social media feeds could just cause you more stress.
 - Set limits on your media time.
 - Don't accept everything you read or hear.
 - Avoid reading news right before bed.
- Reliable sources:
- CDC-Centers for Disease Control and Prevention
 - ISDH-Indiana State Department of Health
 - WHO-World Health Organization
 - Dubois County Health Department

Self Care

- Now is the time to start establishing some healthy habits if you haven't already. When we take care of our body, we optimize our ability to think clearly, solve problems, and manage our emotions.
- Have a strategy for day to day living.
- Eliminate disruption of routines.
- Get good sleep.
- Eat regularly.
- Stay hydrated.
- Positive Coping Skills: deep breathing, meditation, journaling, exercise, hobbies (reading, sewing, gardening, etc.).
- Talking to others and leaning on positive support systems.
- Don't be afraid to seek professional help.

Dubois County Mental Health Resources

Memorial Hospital and Health Care Center
800 W. 9th Street, Jasper, Indiana 47546
812-827-6222-Mental Health Helpline 24/7

Memorial Counseling Center
721 West 13th Street, Suite 121 , Jasper, IN 47546
812-996-5780

LifeSpring Health Systems
480 Eversman Drive, Jasper, IN 47546
812-482-3020
812-482-4020-24/7 Crisis Line

Center for Psychological Services
4201 Mannheim Rd, Jasper, 47546
812-481-9988

Creative Thoughts Counseling Center
332 3rd Ave Jasper IN 47546
812-848-2213

Catholic Charities
1029 Kundek Street, Jasper, Indiana 47546
812-482-1805

Chin Song, INC
812-481-9988 (ask for Chin Song)

Playful Healing & Counseling, LLC
671 3rd Ave, Suite G Jasper, IN 47546
812-741-4754

Groups Recover Together (MAT) Jasper
3118 Newton St Jasper, IN 47546.
800-683-8313

Dubois County Center for Women's Ministries
511 E 4th St, Huntingburg, 47542
812-683-8785

Mental Health Crisis Lines

- National Suicide Hotline- 1-800-273-TALK (8255) (Español 1-888-628-9454)
<https://suicidepreventionlifeline.org/chat>
- Teen Suicide Hotline- 1-800-SUICIDE (784-2433) <https://suicidepreventionlifeline.org/chat/>
- Crisis Text Line- Text HELLO to 741741
- Veterans Crisis Line- 1-800-273-8255 www.veteranscrisisline.net
- National Hopeline Network- Offering chat services for individuals in mental health crisis www.imalive.org

Additional Hotlines:

- Poison Control- 1-800-222-1222
- Department of Child Services-24 Hour Hotline- 1-800-800-5556
- Look up Indiana- 1-800-284-8439 (Text 494949) <https://lookupindiana.org/>
Offering assistance in locating mental health and substance use resources.
- Domestic Violence National Hotline 1-800-799-7233

Other Resources

- Helping Hoosiers maintain their well-being. <https://bewellindiana.com>
- Homeowner's HOPE™ Hotline provides free comprehensive financial education and confidential foreclosure prevention counseling 24/7. 1-888-995-HOPE (4673)
- Legal Advice provides legal information, lawyer profiles and a community to help individuals make legal decisions. www.findlaw.com