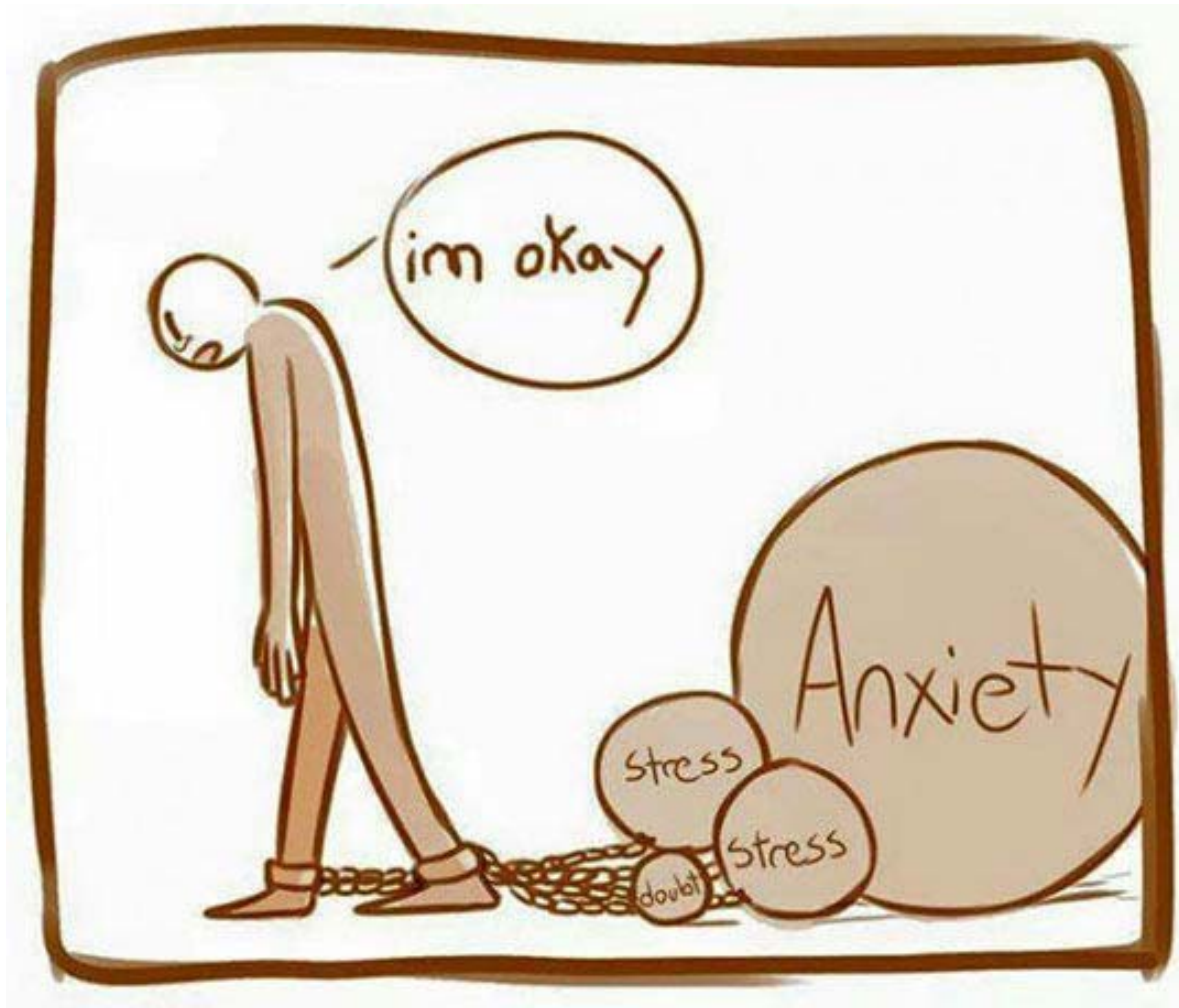


Corona Virus & Mental Health Covid -19 in 2020

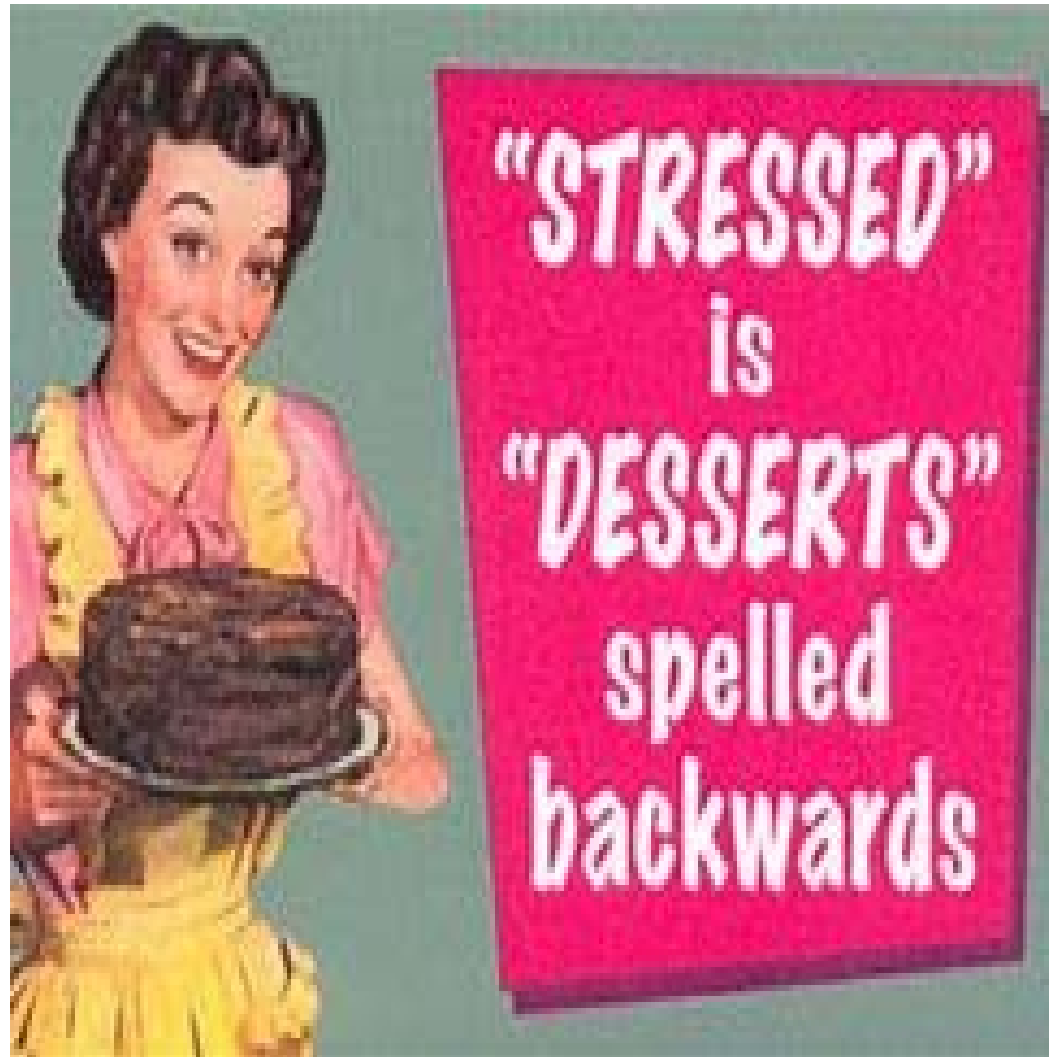


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It's
OKAY
not to be
OKAY
so let's
TALK



How to protect yourself

1. **Wash Your Hands** with soap & water *or* Hand Sanitizer 60-70% alcohol
2. Don't Touch Your Face!
Eyes, Nose, Mouth
3. Sneeze into a Tissue then throw away *or* into crook of your arm (Dracula sneeze)

Hand - Washing

- Only about 5% follow the rules
- About 1 in 4 persons just wet their hands without using soap – "splash & dash"
- about 1 in 10 didn't wash at all after bathroom
- The most common shortcoming for most of us was time – Only 5% spent more than 15 seconds washing, rubbing and rinsing their hands.

Hand-Washing

The stakes are higher, it's time to bring our technique up to speed.

- Water – hot or cold
- Lather up – soap helps the germs to slip off your skin as you rub your hands together.
- Pick a liquid or gel over foaming pump soap.
- 20 seconds is what the CDC recommends-
Happy Birthday or Twitter
- Bar soap has more bacteria, numerous studies have found bc it stays wet,
If wet and slimy, rinse off first.
- Think about places you don't normally think of –
lower palm, back of hand, fingers,

Finally....

- **Dry your hands** Paper towels are best because rubbing your hands will take off even more germs. Dry hands are less likely to spread contamination than wet hands.
- Wash your hands before you eat and
- basically **AFTER** everything or anything you do and.
- If you can't wash, reach for some hand sanitizer,
at least 62% alcohol base
- Avoid touching contaminated surfaces like bathroom **door knobs**.
- Disinfect dirty surfaces that you use every day like the touch screen on your **phone** and your **computer** keyboard.

WebMD Health News 2020; Brenda Goodman, The Power of Hand-Washing to Prevent Corona virus – Medscape March 2020

Greetings

- Handshake
Most transferring of germs and infections
- * Hi-Five – 50%
- * Fist bump – 20 %

Suggested method - Air bumps !

HOME HEALTH

- Don't use each others cups, utensils, towels
- Use Dishwashers

Final Thoughts

This too shall Pass.....



Psychosocial Impact

- People react different
- Health, finances, employment
- Many are feeling – Anxiety, depression, fear, anger, distressed confusion, withdrawn, agitated, **uncertainty**
- Seek Support! You are not Alone...

10 TIPS TO STRESS LESS

TAKE A STEP
OUTSIDE



LAUGH EACH DAY

LIST WHAT YOU'RE
GRATEFUL FOR



PLANT POSITIVE
THOUGHTS



JUST  BREATHE
THROUGH



TAKE FUN BREAKS



PRACTISE
PATIENCE



OFFER A
HELPING
HAND

CLOSE YOUR
EYES



MAKE TIME
FOR EXERCISE

VISIT WWW.STRESSLESSTIPS.ORG.AU

WayAhead
MENTAL HEALTH SUPPORT

Sponsored by Mental Health Commission of NSW

Support

- **Friends/Family and other Supports**
- **Mental Health Professionals**

Online Chats by Mental Health America of Greenville Co

Online Counselors

Synergy eTherapy - Therapy by phone and online

Kayce Bragg, MA, LPC/SC, LAC, NCC

Licensed Professional and Addictions Counselor

[803.883.0913](tel:803.883.0913) | Kayce@synergyetherapy.com | synergyetherapy.com

- Employer Assistance Program, EAP
- School Counselor

Mentally Healthy Tips...

1. **Routine** as much as possible
Same time, get dressed, school, exercise, friends/family time, hobbies
2. **Exercise** – walking or videos, DANCE!
3. **Activities** – Mentally - Dual Lingo, etc., Read a Book, Chess, Saduko, Learn a new language
4. **Projects** – at home, clean out bedroom, paint
5. **New Hobbies** – foods, pizza dough or pasta, Sewing or mending, wood working
6. **Let go** of the news or take a break!

Favorite Spot

- Fave Chair or corner
- Fave reading materials
- Music
- Knitting or crochet
- Candle
- Something soft like a throw, pillow
- A place you can relax and de-stress

Physical Distancing not Social Distancing!

- Physical Distancing – 6 feet
- **We need Social times!**
At home play games, family movies, walks,
- Technology – ZOOM, Google Hangout, Webex, Facetime, Netflix Party

Meet your Friends! Neighbors And Family



Thoughts = Feelings = Behavior

1. Shut down businesses, schools, worship, sporting events.

Negative Emotions – anxiety, fear, panic
Financial turmoil

OR

2. Bring together the family unit, neighbors,
Dinner back to the kitchen table.
Help people slow down their lives and
appreciate what really matters.

Resources Hotlines

- **National Crisis Hotline**
1-800-273-8255 (TALK), coming #988
TEXT Line 741-741
- **State Crisis Lines by MHA Greenville**
IN CRISIS? CALL (864) 271-8888,
TEXT CRISISLINE TO 839863 (TEXTME)

Other Resources

National Mental Health America

#B4Stage4 Philosophy

#4Mind4Body Campaign

Online Screenings – Free, Anonymous and
Confidential – Dep, Anx, other

Work Wellness and Student Health

check up

from the

neck up

@

mhascreening.org



MIHA

CDC

Healthy Ways to deal with Stress

- Break from the News & Social Media
- Know what to do if you get sick or suspect you have Covid – contact a Health Prof
- Care for your Emotional Health
- Care for your body – Eat, Sleep & Exercise
- Unwind with Activities you enjoy
- Connect with others
- Connect with Community – church or other

Seek Help when Needed

If distress impacts activities of your daily life
for several days or weeks,
talk to a clergy member, counselor, or doctor,
or contact the SAMHSA helpline
1-800-985-5990.

References

- Mental Health America of Central Carolinas
March Newsletter
- World Health Organization, WHO
- National Mental Health America
- Relias Training on Corona Virus
- DHEC Covid -19
- Vale of York Academy
- Psychology Today – 7 best coping skills
by David Mosher
- * CDC – Healthy Ways to deal with Stress

Help Lines

- **Get immediate help in a crisis** Call 911
- [Disaster Distress Helplineexternal icon](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifelineexternal icon](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chatexternal icon](#).
- [National Domestic Violence Hotlineexternal icon](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotlineexternal icon](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotlineexternal icon](#): 1-800-656-HOPE (4673) or [Online Chat external icon](#)
- [The Eldercare Locatorexternal icon](#): 1-800-677-1116 [TTY Instructionsexternal icon](#)
- [Veteran's Crisis Lineexternal icon](#): 1-800-273-TALK (8255) or [Crisis Chatexternal icon](#) or text: 8388255

Contact Info

Questions, Comments, Learn something?

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