

## **Taking Care of You and Your Family's Mental Health during this Outbreak**

This pandemic of coronavirus disease (COVID) may be stressful for you, your family and community. Fear and anxiety can be overwhelming. Our daily routines have changed, children are learning from home, college students are back home and high school seniors probably won't be attending their own graduation and missed their proms. As adults, many of you are working at home and trying to balance work and children at the same time. Add to the stress, having a family member in a nursing home or hospital and not being able to visit them or hold their hand.

**Be Safe and stay connected** – Self-isolation doesn't mean cutting off all communication, in fact, it's more important than ever to talk and listen, share stories, play games, face time with your friends and loved ones.

**Do those things that make you feel good** – Eat healthy, walk, exercise, ride your bike, go fishing, prepare your garden, but remember social distancing and avoid other people. Take deep breaths, stretch and meditate.

**Stick to your regular routine** – Go to sleep and wake up at the same time, eat regularly, shower, get out of your pajamas and get dressed and get some fresh air.

**Keep in contact with friends and family** - have video chats with friends over coffee, or reviewing a good book you read. Friendship is an essential element in preserving mental health. Friends can help you maintain a positive state of mind. Write a letter or send a card to a loved one. Have your children draw a picture to send to someone.

**Take a warm bath at least twice a week.** A warm bath helps relieve symptoms of depression, fatigue, stress and pain.

**Reach out to your healthcare provider if your stress** gets in the way of your daily activities for several days in a row. People with pre-existing mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

If you or someone you care about are feeling overwhelmed with emotions like sadness depression or anxiety, or feel like you want to harm yourself or others

Call 911

Call the National Suicide Hotline 1-800-273-8255

Call the National Domestic Violence Hotline – 1-800-799-7233

Call the National Human Trafficking Hotline 1-888-373-7888



CrewCare is a first responder and hospital personnel mental health awareness mobile app.

The goal of CrewCare is to provide mental health insight on an individual's stress load and associated factors. The goal is to give back to the first responders and healthcare providers that assist our communities in times of need. It's not just about being resilient, it's about thriving.

CrewCare expands to benefit Healthcare workers, First Responders amid COVID-19 Pandemic. CrewCare is a **free mobile app** originally designed for first responders, is now available for additional healthcare workers such as physicians and nurses. CrewCare has been enhanced with COVID-19 related questions to capture the stressors that healthcare workers and first responders have been dealing with since the outbreak. The questions allow anonymous information to be captured related to professional and personal stress. This provides insight and heightened awareness of individual and organization-wide mental well-being across these professions.

#### **Using the CrewCare App**

Download the app and enter a department code of "**CISM**".

This code will help contribute to Nebraska specific crisis and support resources.

Take the self-assessment about life's stressors: daily mood, career, family, finances, sleep, mental health, physical health and more.

The more questions you answer will give you a better understanding of your triggers and provide resources for your health and wellness.

Together we will all get through this crisis, even Stronger!