

EMOTIONAL HEALTH AS A CARETAKER



We all experience, respond to, and manage stress in different ways. Children, teens, and young adults are no exception. As caregivers, the way we manage and respond to stress can affect our wellbeing and the children in our lives.

Here are some tips to help us in managing some of the difficult feelings we may be experiencing in these trying times. You will also find contact information for free, local mental health support.

- Educate yourself on the current status of COVID-19 by visiting reliable sources for facts, such as the Centers for Disease Control and Prevention (<https://bit.ly/39jtBwd>) or World Health Organization (<https://bit.ly/2WARXhZ>).
- Be aware of how much time you are spending on social media or news outlets that may be reporting varying information on COVID-19 and can be emotionally draining.
- Spend time every day doing things that are fun! Exercise, kick the ball around, play some board games/card games, and plan other activities with your children and family.
- Find some quiet time each day to allow your mind to relax.
- Model positive coping strategies, such as taking breaks, eating healthy food and staying hydrated, exercising when you can, and getting plenty of sleep for yourself, your children, and other loved ones.

Mental Health Resources

NYC Well provides free, confidential crisis counseling, mental health, and substance misuse support, information and referral. You can reach the toll-free help line 24/7 by phone, text, and online chat. Mental health professionals there can connect you to the services you need.

To contact NYC Well, call:

- 1-888-NYC-WELL (1-888-692-9355)
- 1-888-692-9355 (Español)
- 1-888-692-9355 (中文)
- 711 (TTY for hearing impaired)

You can also reach NYC Well by texting “WELL” to 651-73, or visit their website for more information.

NYC Well counselors are available 24/7. They can provide bilingual help in Spanish, Mandarin, and Cantonese. Additionally, NYC Well offers translation services in more than 200 languages. Health insurance is not required. Depending on your phone/text service, you may be charged a fee.

Vibrant Emotional Health (vibrant.org) provides people emotional support and care. It runs innovative community programs for people at all stages of life, and crisis lines, like the National Suicide Prevention Lifeline at (800) 273-8255.