

Mental Health & Isolation

Outbreaks such as COVID-19 and other public health events can cause emotional distress and anxiety. Social connection is more important than ever.

Annually, mental illness affects 14% of Asian American adults and 17% of Native Hawaiian/Pacific Islander adults.

It's okay not to be okay

The pandemic has significantly impacted our lives. Many of us are dealing with stressful and sometimes overwhelming challenges.

Common reasons for pandemic related stress:

- Finances
- Taking care of family
- Limited contact with family and friends
- Getting sick
- Fear of spreading the virus to others
- Uncertainty about the present and future



Increased stress can result in:

- Feelings of anger, fear, worry, sadness, numbness, or frustration
- Trouble with memory, concentration, or thinking clearly
- Differences in appetite, energy, interests, or desires
- Changes in sleep or an increase in nightmares
- Increased physical changes like headaches, pain, skin rashes, or stomach issues
- Worsening of existing mental and chronic illnesses
- Increased use of alcohol, tobacco, or other substances



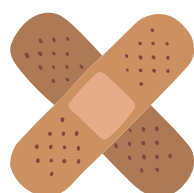
Healthier ways to cope with stress:

- Connect with friends and family through the phone, text, or video chat if you can't see them in person
- Take breaks from the news and social media
- Resources like online support groups are available to help
- Exercise regularly
- Try to eat a well-balanced diet
- Try stretching, deep breathing, and meditation
- Limit your intake of alcohol, tobacco, and other substances



Gathering Safely:

Gathering with others provides us with a sense of community that we all miss.



- Stay up-to-date on your vaccinations
- Wear a mask if you or others are not up-to-date on your or their vaccinations
- Get tested before joining others who are not in your household
- Gather outdoors and avoid poorly ventilated spaces

If you feel like you would benefit from added support, additional resources include:

National Alliance of Mental Illness:

Call 800-950-NAMI

Or in a crisis, text "NAMI" to 741741

Trans Lifeline

Call 877-565-8860

National Suicide Prevention Lifeline:

Call 1-800-273-8255.

Reach out to your physician, or closest community health center, rural health center, or Native Hawaiian Health Center

Find an online support group: mhanational.org/find-support-groups