



# Behavioral Health During COVID-19

COMMUNITY RESOURCES FROM NEW HAMPSHIRE DHHS

You are not alone. Everyone is feeling some level of anxiety and discomfort right now. It is normal to feel this way. If you or a loved one have struggled with anxiety or other mental health concerns, this may be an even more difficult time for you. Here are some tips and resources to help.

## TIPS FOR COPING WITH STRESS DURING A PANDEMIC:

**Rely on trusted sources of information** - NH Department of Health and Human Services and the CDC for updates.

**Stay connected to community** - talk with your friends, family or faith community through phone, text, email, FaceTime, Skype, Zoom or Google Hangouts.

**Prioritize usual strategies for managing anxiety** - use relaxation techniques, meditation, mindfulness, reading or prayer.

**Exercise!** Walking, time outdoors, yoga or stretching are all great options to keep you moving.

**Stay in touch with your mental health or substance use disorder provider.** Telehealth options are available that allow you to connect with providers remotely. Continued treatment is essential.

## CALL YOUR LOCAL COMMUNITY MENTAL HEALTH CENTER

Emergency Services are available in every region of the state and there are Mobile Crisis Response Teams in Concord, Manchester and Nashua.



## THE DOORWAY

If you or someone you know is experiencing an addiction-related crisis, Call 211 now.

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## HELPFUL LINKS TO TRUSTED INFORMATION ABOUT RESPONSES TO HIGHLY STRESSFUL SITUATIONS

[FAQ resource from the National Alliance on Mental Illness \(NAMI\)](#)

[SAMHSA Behavioral Health during an Infectious Disease Outbreak](#)

[CDC Coping with Disaster or Traumatic Event](#)

[Potential Implications for People with Substance Use Disorders](#)

[Managing Reactions to COVID-19](#)

[NAMI NH Resources](#)

[CDC Managing Stress and Anxiety](#)

[Taking Care of Your Mental Health in the Face of Uncertainty - American Foundation for Suicide Prevention](#)

[CDC Self Care](#)

## NEED TO TALK?

General questions about COVID-19 in NH

Call 2-1-1

National Suicide Prevention Lifeline

1-800-273-8255

The Disaster Distress Helpline

1-800-985-5990

## RESOURCES FOR MEDITATION, BREATHING & SKILL BUILDING FOR MENTAL WELLNESS

[Now Matters Now - for suicidal thoughts](#)

[Calm Meditation Resource](#)

[Headspace Meditation Resource](#)

[Man Therapy](#)

[NH livestream worship & prayer groups](#)

[Anonymous Behavioral Health Screenings](#)

[Mental Health America: Anxiety Test](#)

### FOR CHILDREN:

[Little twisters yoga & emotional wellness](#)

[KidsHealth relax and unwind center](#)

[I am yoga & I am peace](#)

## FOR FIRST RESPONDERS

[CDC Managing Stress & Anxiety](#)

[CDC Taking Care of Yourself](#)

[SAMHSA Resource Portal](#)

## FOR PARENTS OR CAREGIVERS

[CDC Managing Stress & Anxiety](#)

[Tips for Talking to Children about COVID-19](#)

## FOR PEOPLE IN RECOVERY

[Recovery during COVID-19](#)

[Virtual NH meetings](#)

[Virtual Recovery Resources](#)

[Free Recovery SmartPhone App](#)