

Mental Wellness and COVID-19

During this time of quarantine, and as students take on school in a whole new way, we encourage both students and families to take a pulse on their mental wellness and connect with resources for support when needed.

Signs of Anxiety



Sustained feelings of worry, dread, or panic



Restlessness and/or increased irritability



Increased heart rate



Physical symptoms like upset stomach or headaches



Difficulty sleeping or trouble thinking clearly

It is normal to feel worried in times of crisis or when we feel a loss of control. But, if these feelings increase or become overwhelming, then it's time to consider getting support.

Where to Find Help

You can call these local partners for assistance:



211 or 844.875.9211



800.678.5500
or 616.455.9200



616.336.3909



800.273.TALK (8255)



Stop the Silence. Help End the Violence.

8.555.OK2SAY
or 855.565.2729



800.949.8439

What You Can Control



- Take care of your physical health
- Eat healthy foods
- Get enough sleep
- Exercise
- Play outside and get fresh air



- Stay home and only go out when necessary
- Limit the number of people coming and going
- Work from home if possible
- Take on a project at home



- Limit news intake about COVID-19
- Take regular breaks from screens
- Watch inspiring and appropriately rated TV, movies, or videos