

Staying Socially Connected While Physical Distancing

The current COVID-19 public health issue and its many stressors can increase feelings of isolation, despair and anxiety – even among those who haven't experienced these feelings in the past. These are common reactions in times of uncertainty or when there's a perception of danger. Social connection has proven critical to providing support for these feelings, and for helping reduce stress. However, in an era of physical distancing, it may seem challenging to provide this type of support to friends and family.

See below for information on how to provide support during this challenging time:

Connecting During Physical Distancing

- Utilize technology to bridge the physical distance between family, friends, neighbors and colleagues.
- Check-in with people often – even a quick text or phone call can make the difference.
- Get online. Social media is a wonderful way to stay updated and connected, as well as foster social connections with those around you.

Take Care of Yourself

- Practice self-care and mindfulness – and encourage family and friends to do the same.
- You don't have to be “perfect” to cope successfully. Everyone is making it up as they go along and doing their best.
- Set aside time everyday to step away from the news and enjoy other activities.

Recognize and Respond When Someone is Reaching Out for Help

Treat a mental health issue the same way you would treat a physical health issue. Do not hesitate to check back in regularly as a trusted resource.

Seek Professional Help

Are you experiencing a crisis? Call 970.252.6220 or 1.844.493.8255 (TALK) or text TALK to 38255.



The Center Support Line

A free, 24-hour talk line open to our community during difficult times. If you are feeling stressed, anxious, or just need someone to talk to, call—we can help.

The Center Support Line: 970.252.6220



www.centermh.org • Call 970.252.3200 to learn more or to make an appointment.