



March 19, 2020

## ***General Behavioral Health Resources for COVID-19***

The novel coronavirus (COVID-19) pandemic can cause New Mexicans of any age to feel overwhelmed, scared, anxious, or make it harder to cope with mental health conditions they struggled with before the pandemic.

Below you will find resources to help yourself, your family, and your loved ones. Remember, even when things feel overwhelming, there is hope and there is help.

To help combat strong feelings like anxiety, staying informed is important. The [NewMexico.gov](https://www.newmexico.gov) website is updated frequently and is the best one-stop information destination for New Mexicans.

As you work to stay healthy, remember that your emotions, thoughts, faith or spirituality, and relationships are just as important as washing your hands.

Please reach out to the mental health providers and/or faith and community leaders in your area to learn more about available services.

Be sure to limit your viewing of repetitive news media; consider setting one or two times during the day to check media, and then give yourself a break from it for positive thoughts and activities. Viewing too much news media can make it seem like danger is even larger than it is, and become overwhelming. You can view breaking news on prevention and treatment efforts by visiting the [Centers for Diseases Control and Prevention](https://www.cdc.gov).

Since the threat of COVID-19 also affects us emotionally, we have provided you with some behavioral health care resource links that can help:

- [How to Take Care of Your Mental Health During Social Isolation](#)
- [Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#)
- [5 Easy Ways to Reduce Coronavirus Anxiety](#).
- [How to Talk to Children About Coronavirus](#)
- [Help Loved Ones with Anxiety](#)
- [Helping Youth Experiencing Homelessness](#)

As COVID-19 spreads, and confusion over this public health crisis grows, we must stay connected with our families, friends, and communities. Together, we can help one another stay physically, spiritually and emotionally healthy.

Together, we will thrive.