

Ways to Maintain Your Mental Health During A Pandemic and Beyond

Ways to Reduce Stress

It is normal to feel sad, stressed, confused, scared or angry during a crisis. If you think that you may be experiencing symptoms that are more intense than is normal or that you feel uncomfortable with, it's OK to ask for help

- Talk to friends or family
- Try and maintain a proper diet, sleep, and exercise schedule
- Don't use smoking, alcohol, and other drugs to deal with your emotions
- Get the facts from credible sources, such as Mercy Senior Health, WHO, CDC, or other local and state public health agencies
- Reduce stress and agitation by limiting news consumption
- Focus on what you have control over

Ways to Cope with Difficult Emotions:

Many of us have lost access to our go to stress relievers, but there are still many options that you can use to bring peace and comfort during these difficult times

- Pray
- Read
- Exercise
- Laugh
- Reach out to friends or family
- Recall a pleasant memory
- Watch TV or a movie
- Do arts and crafts
- Get a full night's sleep
- Be kind to yourself and others
- Take a deep breath and let go
- Make a list of things that you are grateful for

Mercy Senior Health is here for you. We have a behavioral health specialist and community health workers available every day. You can call the office at 215.528.5600 to speak to a staff member about your questions or concerns.

“There is nothing to fear but fear itself”–Franklin D. Roosevelt



List of Hotline Numbers

National Suicide Prevention Lifeline

1.800.273.TALK (8255)

Nacional de Prevención del Suicidio

1.888.628.9454

Crisis Text Line:

Text "PA" to 741.741

Veteran Crisis Line

1.800.273.TALK (8255)

Disaster Distress Helpline

1.800.985.5990

Get Help Now Hotline

(for substance use disorders)

1.800.662.4357

Pennsylvania Sexual Assault Helpline

1.888.772.7227

National Domestic Violence Helpline

1.800.799.7233

Elder Abuse Hotline

215.765.9040



Trinity Health
Mid-Atlantic

Mercy Senior Health
West Philadelphia

215.528.5600