

How are you feeling?

Stressed Out: It's hard to focus, your body feels tense, and you may be frustrated with your current circumstances. However, you are confident that you will adjust to the new normal and things will get better.

Ways to care for your mental health:

- Create a daily routine for yourself. Make sure to include time with loved ones and leisure.
- Take care of your body: eat nutritious foods, practice good sleep hygiene, and engage in physical activity.
- Recognize when you need to take a short break from your work to re-focus. Try a mindful breathing exercise, stretch, or take a walk. Headspace, a website with audio for guided mindfulness exercises, is currently free for Michigan residents at [headspace.com/mi](https://www.headspace.com/mi).
- Make sure you're hydrating yourself with water. Avoid caffeine or alcohol when you're feeling anxious.

Ongoing Trouble Functioning: You have ongoing difficulties sleeping, you've been crying more than usual, you've been feeling angrier than usual, you've been having panic attacks, or others have expressed concern about your wellbeing.

Ways to care for your mental health:

Talking to a counselor or therapist during times like this can be really helpful. There's no need to wait for things to get worse before getting help. Here are some providers in the area:

- Pine Rest is offering therapy via telehealth. Call 866.852.4001 to schedule an outpatient appointment.
- Holland Behavioral Health: 616.355.3926
- Moasic is offering 3 free sessions for teachers. Contact them at (616)842-9160 to get started.
- Lauren DeRoo or Caity DeBoard (OCSN at HMS and Jefferson) is able to recommend private practitioners in the area. Email them at lderoo@hollandpublicschools.org, lmahoney@hollandpublicschools.org, cbeboard@hollandpublicschools.org for more information and support.

Not Safe: You are considering causing harm to yourself or have lost hope for the future.

Ways to care for your mental health:

- **If you are considering suicide, call 911 or have somebody bring you to a hospital emergency room.**
- National Suicide Prevention Hotline: 1.800.273.8255
- Michigan Crisis Text Line: Text RESTORE to 741741 to receive support during a mental health crisis.