

MANAGING MENTAL ILLNESS SYMPTOMS

during COVID-19

The outbreak of COVID-19 and the repercussions that have followed have had a significant impact on the mental health of people around the country; this is especially true for those living with a mental illness. The anxiety of these uncertain times along with the increase in loneliness and isolation can create, worsen, or trigger symptoms. Here are some tips, information, and resources, for people who are affected by mental illness in Wisconsin.

TIPS FOR GOOD MENTAL HEALTH:

- Stick to a normal routine as much as you can
- Spend virtual time with supportive people
- Try something you've always wanted to do
- Get some fresh air daily
- Eat and drink in a healthy way
- Exercise and move your body

YOU ARE NOT ALONE

Here are some resources to help:

WARMLINE

Need someone to talk to? The following are providing additional warmline support at this time. These numbers are staffed by trained volunteers with lived experience of mental illness and can offer emotional support to those needing it at this time.

- Solstice House: Madison: (608) 244-5077
- Iris Place: Appleton: (920) 815-3217
- Monarch House: (715) 505-5641 *715 area codes only
- Hopeline: Text NAMI to 741741
- NAMI HelpLine: Monday-Friday, 9:00 a.m. to 5:00 p.m. (800) 950-6264

INFORMATION AND REFERRAL:

Do you need information or a referral for rental assistance, utilities, food, mental health or substance abuse issues? Call 2-1-1 from anywhere in the state to reach United Way's Free Information and Referral Line. Someone is available to connect with you 24/7.

SAMHSA DISASTER DISTRESS HELPLINE:

This provides immediate crisis counseling for people experiencing emotional distress related to any natural disaster, including COVID-19. This toll-free, multilingual, confidential crisis support service is available 24/7. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

ARE YOU IN CRISIS? DO YOU NEED IMMEDIATE ASSISTANCE?

Call **9-1-1** or the National Suicide Prevention Lifeline at **(800) 273-8255** to be connected to local crisis services at any time.



NAMI Wisconsin
4233 W. Beltline Hwy
Madison, WI 53711
Web: www.namiwisconsin.org
Phone: (608) 268-6000
More resources: namiwisconsin.org/covid-19



NAMI
National Alliance on Mental Illness

Wisconsin

Find Help. Find Hope.