



MEDIA RELEASE

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Take Time for Mental Health

STEAMBOAT SPRINGS, March 19, 2020 — The outbreak COVID-19, and the associated uncertainty can be overwhelming. It's natural for adults and children to feel the strong emotions of stress, anxiety, and worry. Now more than ever, it is important to take care of our mental health along with our physical health.

Things you can do to support yourself, as recommended by the CDC:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy or personal projects you've been meaning to complete.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Remember to reach out to relatives who may be feeling isolated.
- People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.
- Seek help when needed.

Mental Health Resources

Colorado Mental Health Crisis Hotline

844-493-8255

Text TALK to 38255 | Send "TALK" to 38255

Mind Springs Health (Steamboat Springs)

970-879-2141

Reaching Everyone Preventing Suicide (REPS)

970-846-8182

SAMHSA helpline

1-800-985-5990

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