

# Logrando Bienestar

ACHIEVING WELL-BEING

## TAKE CARE OF YOUR MENTAL HEALTH

### DISASTER OR EMERGENCY SITUATIONS CAN CAUSE EMOTIONAL DISTRESS.

During these times when Ventura County residents are taking steps to prevent the spread of the coronavirus. Many people, including children and teens, may feel emotionally or mentally affected. Although reactions may vary from person to person, responses and feelings of overwhelming anxiety, constant worry, sleep problems and other depression-like symptoms are common (before, during, and after an event).

It is important to know when to ask for help. Signs of disaster-related stress may include the following:

- Eat or sleep to much or to little
- Isolation from friends and family
- Have little energy or be without energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoke, drink and or use drugs more than one should
- Feeling unusually forgetful or confused; nervous, angry or upset or worried and scared.
- Yelling or fighting with family and friends.
- Have thoughts and memories that you can't get out of your head
- Thoughts about injuring or killing someone or yourself
- Not be able to carry out daily task such as caring for children or going to work or school

If you have any of these symptoms and feel that you are having difficulties getting on with your daily life, or symptoms are getting worse, there are several resources the county or national level that can help.

**Mental health screenings**

**Logrando Bienestar  
805-973-5220**

**If you have a mental health crisis call the CRISIS line at  
1-866- 998-2243.**

**Nationwide you can call the SAMHSA line  
1-800-985-5990**

**Send a text with the message  
"HABLANOS" to 66746.**

