



Mental Health Resources

*Some therapists are providing telemedicine sessions. Check in with your therapist to see if this is an option.

- **Ways to Support Yourself and Your Mental Health**
 - take breaks from watching, reading, or listening to news stories, including social media
 - take care of your body – take deep breaths, stretch, or meditate.
 - Try eating healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid drugs or alcohol
 - Make time to unwind. Try to do some activities you enjoy (reading, watching your favorite show, baking, cooking, crafts, playing games, etc.)
 - Connect with others – talk with people you trust about your concerns and how you are feeling
- **Aspire** is providing technology options for families to have remote/tele services <https://www.aspireindiana.org/>
- **Community Health Network** providers are working remotely doing telephone therapeutic and skills-based contacts <https://www.ecommunity.com/services/mental-behavioral-health>
- **Open Path Psychotherapy Collective** is a nationwide non-profit network of mental health professionals dedicated to providing mental health care to individuals, couples, children, and families who lack health insurance or whose health insurance doesn't provide adequate mental health benefits
 - FAQ about Eligibility: <https://openpathcollective.org/client/faq/>
- **National Suicide Prevention Lifeline** 1-800-273-8255
 - <https://suicidepreventionlifeline.org/>