During this time of quarantine, and as students take on school in a whole new way, we encourage both students and families to take a pulse on their mental wellness and connect with resources for support when needed.

**Mental Wellness and COVID-19**

**Signs of Anxiety**

- Sustained feelings of worry, dread, or panic
- Restlessness and/or increased irritability
- Increased heart rate
- Physical symptoms like upset stomach or headaches
- Difficulty sleeping or trouble thinking clearly

It is normal to feel worried in times of crisis or when we feel a loss of control. But, if these feelings increase or become overwhelming, then it’s time to consider getting support.

**Where to Find Help**

You can call these local partners for assistance:

- **2-1-1**
  - Get Connected. Get Help™
  - 211 or 844.875.9211
- **PINE REST**
  - Christian Mental Health Services
  - 800.678.5500 or 616.455.9200
- **Network 180**
  - 616.336.3909
- **OK2SAY**
  - 8.555.OK2SAY or 855.565.2729
- **National Suicide Prevention Lifeline**
  - 800.273.TALK (8255)
- **Forest View Hospital**
  - 800.949.8439

**What You Can Control**

- Take care of your physical health
- Eat healthy foods
- Get enough sleep
- Exercise
- Play outside and get fresh air
- Limit news intake about COVID-19
- Take regular breaks from screens
- Watch inspiring and appropriately rated TV, movies, or videos
- Stay home and only go out when necessary
- Limit the number of people coming and going
- Work from home if possible
- Take on a project at home