

# Mental Health Awareness for Native Communities During COVID-19

## What is Mental Health?

Mental health includes our emotional, psychological, social, and spiritual well-being; it affects how we think, act, and feel. It also determines how we handle stress, relate to others, and make choices.



SAD



IRRITABLE



NERVOUS



HELPLESS

COMMON FEELINGS DURING A CRISIS



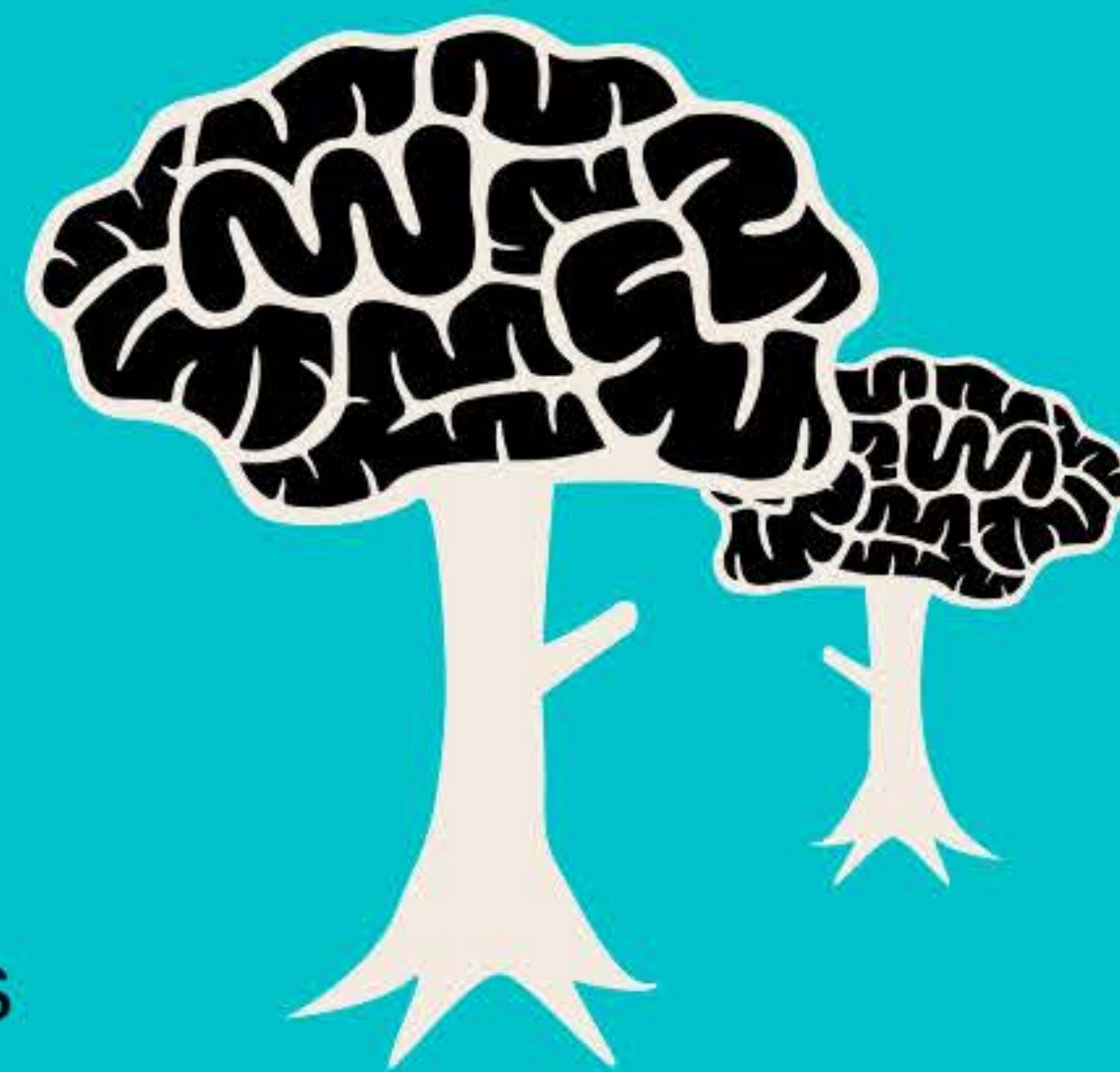
## Early Warning Signs of a Mental Health Concern

What to recognize when a relative is developing a mental health issue

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Inability to perform daily routine tasks
- Feeling helpless or hopeless
- Having unexplained aches and pains
- Smoking, drinking or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Thinking of harming yourself or others

### Ways to Maintain Positive Mental Health:

- Connect with others via phone, text, facetime, or other platforms
- Get professional help
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Practice healthy coping skills



### Promoting Positive Mental Health Allows People to:

- Walk in balance and harmony
- Reclaim our strength
- Think about our next 7 generations
- Build our resiliency

## 7 Ways To Be a Good Relative During COVID-19

- 1** BE MINDFUL OF OTHERS: FOLLOW CDC GUIDELINES ON PHYSICAL DISTANCING TO KEEP OUR FAMILIES AND OUR ELDERS SAFE
- 2** CONNECT TOGETHER AND SHARE CULTURAL VALUES, STORYTELLING, AND TEACHINGS WHILE AT HOME WITH OUR FAMILIES
- 3** OFFER AND GIVE THANKS
- 4** SHOW COMPASSION AND KINDNESS TO ONE ANOTHER
- 5** OUR SELF CARE HELPS US TO CARE FOR OTHERS
- 6** LAUGHTER IS THE BEST MEDICINE
- 7** STRENGTHEN OUR CONNECTION TO MOTHER NATURE

**If you are in immediate need, please call these New Mexico Hotlines:**  
Crisis and Access Line: **1-855-662-7474** Peer to Peer Warmline: **1-855-466-7100**

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ALBUQUERQUE AREA SOUTHWEST  
TRIBAL EPIDEMIOLOGY CENTER  
[WWW.AASTEC.NET](http://WWW.AASTEC.NET)

### WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



[www.coronavirus.gov](http://www.coronavirus.gov)



1-855-600-3453  
Coronavirus Hotline

[www.ihs.gov](http://www.ihs.gov)