

Fear & Anxiety during times of Coronavirus

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Anxiety symptoms during an infectious disease outbreak can include

- ✚ Fear and worry about one's own health and the health of loved ones
- ✚ Changes in sleep or eating patterns
- ✚ Difficulty concentrating, not feeling in control
- ✚ Feeling numb, and unable to engage
- ✚ Worsening of chronic health problems
- ✚ Increased use of alcohol, tobacco, or other drugs

What can we do to cope?

- ✚ Minimize News Media, if it stresses us out
- ✚ Connect with others, remember social distancing doesn't mean social isolation
- ✚ Use Video apps to avoid touch starvation
- ✚ Take breaks to unwind
- ✚ Eat Healthy & sleep well
- ✚ Exercise
- ✚ Avoid drugs & Alcohol
- ✚ Stay Positive and Optimistic
- ✚ Seek help, if needed

Free Mental Health Apps:

- * What's Up: a CBT app For depression anxiety
- * Mood Kit: also a CBT app for depression anxiety
- * Mind Shift: for kids with anxiety
- * Self help for anxiety management (SAM)
- * Talkspace online therapy for depression
- * PTSD coach
- * Liberate (free content created by & for people in the African American diaspora)
- * Intimind (Spanish language, free and subscription)
- * Headspace (free and subscription)
- * Calm (free and subscription)
- * Simple Habit (subscription)

Resources:

- For questions regarding your **mental health** needs please call: **281-238-3079** or visit www.fortbendcountytexas.gov/bh
- Visit www.mhahouston.org for all mental health resources in our area
- COVID Mental health support line from Harris Center 833-986-1919
- National Suicide Prevention Hotline: **1-800-273- TALK (8255)**

