

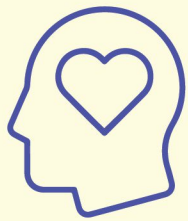
Mental Health and Psychosocial Support for Frontliners

Our frontliners are facing COVID-19 head-on, exposing themselves to risks and challenges that we can't imagine.

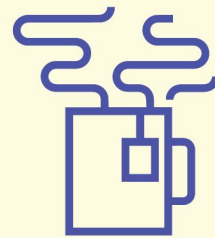
It is important to give attention to their mental health because it goes hand in hand with physical health, and frontline workers also face risks related to it as they perform essential functions and services.



Be kind to yourself. Prioritize your own health.



Create a self-care plan with a list of daily activities. Having a routine helps you manage stressors better and adapt more quickly to challenging situations.



Take breaks when you can. This helps you make better decisions, allows you to stay more focused, helps you retain information better, and improves creative problem-solving.



As much as you can, try to regularly get enough sleep and rest.

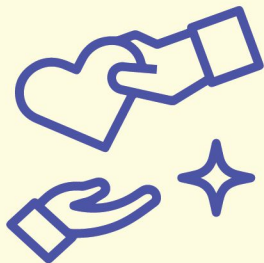


Schedule your screen time. While it's important to be informed about the latest updates, try to limit your time on social media—especially if it causes stress—as much as possible.

Realign and Reconnect



Bring a personal memento to remind you of positive feelings when you feel down.



It's normal to feel tired and overwhelmed. Talk to someone you trust about your feelings. or by phone call.



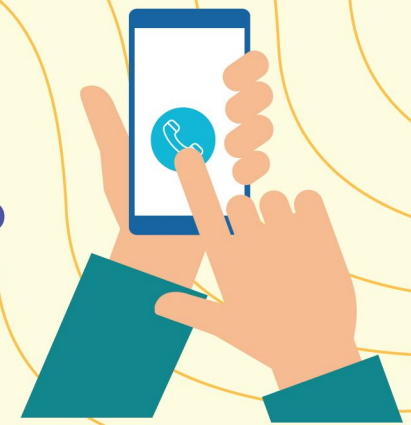
Find ways to spend time and bond with your loved ones. Even though you're not with them physically, you can connect with them online through social media.



Check in with your colleagues. Ask them how they're doing and offer support if you notice changes in their behavior.

Help is a call away.

Don't be afraid to reach out to the following when you need someone to talk to:



- National Center for Mental Health Crisis Hotline (NCMH-USAP) - 0917-899-USAP (8727) or 7-989-USAP (8727).
- UP Diliman Psychosocial Services (UPD PsychServ) - 0906-374-3466 / sign up at bit.ly/psychservhcw.
- University of San Carlos (USC) Mental Health Support for Covid-19 Frontliners - contact them on FB at @USCMHR
- Circle of Hope Community Services, Inc.- 0917-822-2324 (Bea) and 0925-557-0888 (Jabby) / sign up at bit.ly/SCbreak
- Mental Health First Responders (MHFR) - <https://forms.gle/DN49AwPw4X4Vwv-FR7>
- In Touch Community Services - 0917-800-1123 / 0922-893-8944