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afsp.org
Taking Care of Our Mental Health in the time of COVID-19

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Our Mission

Save Lives and Bring Hope to Those Affected by Suicide
Our Work

Research
Advocacy
Prevention Education
Interactive Screening Program
Loss & Healing
Chapters
Challenges During COVID19

- Increased
- Uncertainty
- Isolation
- Illness
- Depression
- Anxiety
- Loss
- Lack
- Grief
- Trauma
- Stress
- Access
- Care
- Fear
- Disrupted
Suicide Warning Signs

**TALK**
- Being a burden to others
- Experiencing unbearable pain
- Killing themselves
- Feeling trapped
- Having no reason to live

**BEHAVIOR**
- Increased use of alcohol or drugs
- Withdrawing from activities
- Isolating from friends & family
- Giving away prized possessions
- Sleeping too little or too much
- Looking for a way to kill themselves, such as searching online for materials or means
- Visiting or calling people to say goodbye
- Aggression

**MOOD**
- Depression
- Loss of interest
- Irritability
- Anxiety
- Humiliation
- Rage

afsp.org/signs
**Mind**
- Have a daily routine
- Set goals each day
- Make a gratitude list
- Take breaks
- Practice mindfulness
- Read a book
- Develop a project, activity or new skill (e.g., painting, knitting, woodworking)
- Acknowledge something you did
- Schedule worry time
- Journal
- Express your feelings

**Body**
- Walk, exercise, go outside if you can
- Set a sleep routine, giving yourself time to rest and restore
- Practice meditation and yoga
- Take deep, slow breaths
- Take a bath or shower
- Eat something healthy
- Drink a cup of tea
- Limit your caffeine and alcohol intake
- Put on your favorite song and dance

**Soul**
- Ask for help
- Donate to a cause
- Tell someone you love them
- Reach out to someone who may need you
- Follow “feel good” social media
- Set boundaries for yourself
- Write a poem or short story
- Share something special
- Connect with whatever inspires you

**Surroundings**
- Create a “retreat” space
- Make your space comfortable and safe
- Display something you like to look at
- Watch your favorite movie or show – or something you’ve been meaning to see
- Join a virtual gatherings
Actions to reduce anxiety

Communicate
Breathing & Meditation Apps
Exercise
Seek help
Taking Care of Mental Health Conditions

Continue physical and mental health care:

- Therapy
- Medications
- Lifestyle
- Social supports
- Basics: sleep, nourishment, exercise, hygiene
Suicide Prevention through Public Health

- Talk about mental health
- Social connection
- Access to care
- Government support
Suicide Prevention Resources
Be a lifesaver

Visit
Your Primary Care Provider
Mental Health Professional
Walk-in Clinic
Emergency Department
Urgent Care Center

911 Call 911 for Emergencies

Find a Mental Health Provider
findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans: Press 1

Text TALK to 741741
Text with a trained crisis counselor from the Crisis Text Line for free, 24/7

afsp.org/resources

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Thank You!
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