

# COVID-19 and Your Mental Health

The Coronavirus Pandemic that we are experiencing now has affected us all in many ways. Looking out for ourselves and our loved ones has truly been a major concern, and has consumed much of our energy. Firstly, from a physical health perspective, we have had to practice social distancing, wearing a mask, and frequent hand washing.

As important as our physical well-being is, we can't, however, ignore our mental health. Stress and worry has impacted us all as we: worry about our health and the health of family members, change how and where we perform our varied work assignments, and, in many cases, find ourselves working alone.

There are many resources available to us through the State and other national organizations. Below are names and links that provide valuable and timely information and support. Please take advantage of what is available to you.

**EMOTIONAL WELLBEING**

**MENTAL HEALTH IN THE POST-OUTBREAK WORKPLACE**

**EMPLOYEE ASSISTANCE**

**STATE EMPLOYEE'S HEALTH INSURANCE**

**MENTAL WELLBEING CDC: Mental Health and Coping with COVID-19**

