

## Mental Health and Coping During COVID-19

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Everyone reacts differently to stressful situations.

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Additional information and resources on mental health care can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) website.

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Reactions during an infectious disease outbreak can include:

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People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms. Additional information can be found at the Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) website.

Call your healthcare provider if stress reactions interfere with your daily activities for several days in a row.

Things you can do to support yourself:

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## **For parents:**

Not all children respond to stress in the same way. Some common changes to watch for in children:

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There are many things you can do to support your child:

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