

# Protecting Your Mental Health During the COVID-19 Pandemic



If you're feeling anxious, overwhelmed, fearful, or depressed during this time, please know this: **You are not alone. It's OK to not feel OK.** It's important that you reach out and stay connected to relatives, coworkers, neighbors, and others. Receiving and sharing patience, understanding, and grace is critical as we all battle against the COVID-19 Pandemic.

If feelings of depression, isolation, and hopelessness are too much to bear, **there is help and there is hope. Life is precious, purposeful, and powerful.** The Tennessee Department of Mental Health and Substance Abuse Services has a statewide network of community behavioral health partners who are compassionate and capable of helping, even in the current circumstances. Please reach out if you need to.

If you are experiencing a mental health emergency or thinking of taking your own life, please call or text Tennessee's Statewide Crisis Line.

**Call 800-274-7471 or Text "TN" to 741-741**

If you are not experiencing a mental health emergency, but you need a connection to mental health treatment, please reach out:

- If you are uninsured and unable to pay, the state of Tennessee offers the Behavioral Health Safety Net. Find a provider in your area by visiting **TN.gov/behavioral-health/bhsn** or by calling **800-560-5767**
- If you are a TennCare member, call the number for your managed care organization on your insurance card.
- If you have insurance, call the number on the back of your insurance card.

If the COVID-19 pandemic has worsened or revealed a problem with alcohol consumption or drug use, Tennessee has a network of substance abuse providers and services available for people who need treatment but have no means to pay. Our state also has dozens of people in recovery from substance abuse who are professionals at helping others get into treatment and get into recovery. If you need a referral to addiction treatment services or if you need help maintaining your recovery from substance use disorder, please **call or text the Tennessee REDLINE: 800-889-9789.**