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Taking Care of Our Mental Health in the time of COVID19

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Presented to Trust for America's Health
May 6, 2020



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
routine
Depression
Anxiety
Loss
Lack
Grief
Stress
Trauma
Fear
access
care
Disrupted



Suicide Warning Signs



TALK

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



BEHAVIOR

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



MOOD

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

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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



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

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Thank You!

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