



Managing Pre-Existing Mental Health Conditions During COVID-19 Pandemic

KEEP YOUR ROUTINE

- Continue to take your medication as prescribed
- Continue to wake up and go to bed at your normal hours
- Eat meals at your usual times
- Maintain a healthy diet
- Take breaks when you're feeling stressed, anxious or overwhelmed
- Exercise regularly
- Designate specific times to work and times to relax

PLAN AHEAD

- Enroll in a home delivery program or check with your doctor or pharmacy to ensure you will have access to an adequate supply of your medication when refills are needed
- Know who to contact for support or assistance if your mental health declines, and ensure you touch base with them regularly

STAY CONNECTED

- Stay in touch with the people you'd usually talk to or see in person such as friends, family, co-workers or therapists
- Consider virtual doctor visits when needed
- Stay informed on the latest COVID-19 information but pay attention to how you're feeling and minimize news exposure if you start to feel anxious or worried

Reach out for help.

**Harris Center
COVID-19 24/7 Support Line: 833-986-1919**