



Be Kind to Your Mind

First responders: your job is all about helping others. But what are you doing to help yourself as the pandemic drags on? It's no secret that front-line workers are carrying a heavy burden these days. Many are experiencing emotional impacts from their day-to-day work that can result in a variety of symptoms:

- Having problems falling or staying asleep
- Experiencing more conflicts or tension with family members or other people
- Having trouble concentrating or remembering things
- Experiencing an increase or decrease in your normal appetite
- Having a sense of despair, hopelessness, or emptiness about the future
- Drinking more alcoholic beverages

If you recognize any of these reactions in yourself, talking to someone about it can improve your outlook and well-being. That's why a team of behavioral health professionals at the Michigan Department of Health and Human Services created the Stay Well counseling line — a phone number you can call any time of the day or night to talk to a trained crisis counselor about your COVID-19-related distress.

To reach the Stay Well counseling line, dial 888-535-6136 and listen for the prompt to press "8."

Counseling is free... confidential... and available seven days a week, 24 hours a day.

Have you seen the advertising on TV and social media that says "[Be Kind to Your Mind](#)"? Those are gentle reminders that there should be no shame or stigma associated with getting emotional support if the pandemic is getting you down.

So consider being Kind to your Mind – and spread the word to your patients, staff, friends, and family members. We're all in this together.