What is Mental Health?
Mental health includes our emotional, psychological, social, and spiritual well-being; it affects how we think, act, and feel. It also determines how we handle stress, relate to others, and make choices.

Early Warning Signs of a Mental Health Concern
What to recognize when a relative is developing a mental health issue

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Inability to perform daily routine tasks
- Feeling helpless or hopeless
- Having unexplained aches and pains
- Smoking, drinking or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can’t get out of your head
- Thinking of harming yourself or others

Ways to Maintain Positive Mental Health:
- Connect with others via phone, text, facetime, or other platforms
- Get professional help
- Stay positive
- Get physically active
- Help others
- Get enough sleep
- Practice healthy coping skills

Promoting Positive Mental Health Allows People to:
- Walk in balance and harmony
- Reclaim our strength
- Think about our next 7 generations
- Build our resiliency

7 Ways To Be a Good Relative During COVID-19

1. BE MINDFUL OF OTHERS: FOLLOW CDC GUIDELINES ON PHYSICAL DISTANCING TO KEEP OUR FAMILIES AND OUR ELDERS SAFE
2. CONNECT TOGETHER AND SHARE CULTURAL VALUES, STORYTELLING, AND TEACHINGS WHILE AT HOME WITH OUR FAMILIES
3. OFFER AND GIVE THANKS
4. SHOW COMPASSION AND KINDNESS TO ONE ANOTHER
5. OUR SELF CARE HELPS US TO CARE FOR OTHERS
6. LAUGHTER IS THE BEST MEDICINE
7. STRENGTHEN OUR CONNECTION TO MOTHER NATURE

If you are in immediate need, please call these New Mexico Hotlines:

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ALBUQUERQUE AREA SOUTHWEST TRIBAL EPIDEMIOLOGY CENTER
WWW.AASTEC.NET

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?

www.cdc.gov/coronavirus
www.coronavirus.gov
1-855-600-3453
www.ihs.gov